

Neo Elegance LTD

Skin Training Academy

Unlock Your Potential in the World of Aesthetics

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Our aim at Neo Elegance is to be at the forefront of skincare education, constantly innovating and adapting to the latest advancements in the industry, ensuring our students are always equipped with cutting-edge knowledge and techniques.

Whether you're just starting out or already experienced, we have a course for you. Those new to beauty therapy without an NVQ Level 2 will first complete our essential Facial and Advanced Skin Science Course. Explore our course offerings in detail below to find the perfect fit for your journey.

Facial and Advanced Skin Science Course:

This course delves into the intricate biology and physiology of the skin, providing students with a comprehensive understanding of skin health, ageing, and common skin conditions. Students will explore the latest advancements in skincare ingredients, technologies, and treatment modalities, developing the critical thinking skills needed to provide effective and personalised skincare solutions.

Course Objectives: Upon successful completion of this course, students will be able to:

- Describe the structure and function of the skin at the cellular and tissue levels.
- Explain the key processes involved in skin ageing and identify contributing factors.
- Analyse the pathophysiology of common skin conditions, including acne, rosacea, eczema, and hyperpigmentation.
- Evaluate the efficacy and safety of various skincare ingredients and formulations.
- Understand the mechanisms of action of advanced skincare technologies and treatments.
- Develop personalised treatment plans based on individual client needs and skin assessments.
- Critically evaluate scientific literature related to skincare and aesthetics.
- Communicate effectively with clients about skin health and treatment options.

Course Outline

Module 1: Skin Anatomy and Physiology

- The Epidermis: Structure, function, and cell types (keratinocytes, melanocytes, Langerhans cells).
- The Dermis: Composition, including collagen, elastin, and hyaluronic acid.
- The Hypodermis: Its role in insulation and fat storage.
- Skin Appendages: Hair follicles, sebaceous glands, and sweat glands.

- The Skin Barrier: Its importance in maintaining skin health and hydration.

Module 2: Client Consultation and Treatment Planning

- Skin Analysis and Assessment: Visual inspection, client history, and skin typing.
- Developing Personalised Treatment Plans: Integrating knowledge of skin science, ingredients, and technologies.
- Client Communication and Education: Building rapport and explaining treatment options.
- Ethical Considerations in Skincare Practice.

Module 3: Skin Ageing

- Intrinsic vs. Extrinsic Ageing: Understanding the factors that contribute to skin aging.
- The Role of Free Radicals and Oxidative Stress.
- Hormonal Influences on Skin Ageing.
- Changes in Collagen and Elastin Production.
- Wrinkles, Fine Lines, and Age Spots: Mechanisms and treatments.

Module 4: Common Skin Conditions

- Acne: Pathophysiology, contributing factors, and treatment options.
- Rosacea: Types, triggers, and management strategies.
- Eczema/Dermatitis: Causes, symptoms, and skincare recommendations.
- Hyperpigmentation: Melasma, post-inflammatory hyperpigmentation, and other forms.
- Other common conditions: Psoriasis, keratosis pilaris, etc.

Understanding LED

This course provides a comprehensive overview of LED therapy, exploring its scientific principles, applications, and practical implementation in various fields. Students will learn about the different wavelengths of light, their effects on biological tissues, and how to utilise LED therapy safely and effectively.

Course Objectives: Upon completion of this course, students will be able to:

- Explain the science behind LED therapy, including the properties of light and its interaction with cells.
- Identify the different wavelengths of LED light and their specific therapeutic applications.
- Understand the mechanisms of action of LED therapy on various biological processes.
- Describe the benefits and limitations of LED therapy for different conditions.
- Safely and effectively operate LED therapy devices.
- Develop treatment protocols for various applications, considering client needs and contraindications.
- Integrate LED therapy into existing treatment plans or services.
- Stay informed about the latest research and advancements in LED therapy.

Course Outline

Module 1: Foundations of Light and Energy:

- The Electromagnetic Spectrum: Understanding light as a form of energy.
- Wavelengths and Frequencies: Exploring the properties of light.
- The Interaction of Light with Matter: Absorption, reflection, and scattering.
- Basic Principles of Photobiology: How light interacts with biological tissues.

Module 2: LED Technology and Devices:

- How LEDs Work: The science behind light emission.
- Types of LED Devices: Panels, handheld devices, masks, etc.
- Wavelengths and Their Applications: Red, blue, near-infrared, and other wavelengths.
- Device Safety and Maintenance: Proper handling and care of LED equipment.

Module 3: Clinical Applications of LED Therapy:

- Skin Rejuvenation and Anti-Aging: Reducing wrinkles, fine lines, and age spots.
- Acne Treatment: Targeting bacteria and reducing inflammation.
- Skin Wound Healing and Scar Reduction: Promoting tissue regeneration.
- Other Applications: Exploring emerging uses of LED therapy.

Module 4: Integrating LED Therapy into Practice:

- Client Consultation and Assessment: Identifying appropriate candidates for LED therapy.
- Developing Treatment Protocols: Customising treatments based on individual needs.
- Combining LED Therapy with Other Modalities: Synergistic treatment approaches.
- Contraindications and Precautions: Ensuring client safety.
- Marketing and Promoting LED Therapy Services: Attracting clients and building your business.

Chemical Peel

This comprehensive course provides in-depth training on the theory and practical application of chemical peels. Students will learn about the science behind chemical peels, different types of peeling agents, client selection, treatment protocols, and post-peel care. Emphasis is placed on safety, efficacy, and achieving optimal results.

Course Objectives: Upon completion of this course, students will be able to:

- Understand the science of chemical exfoliation and how it affects the skin.
- Identify various types of chemical peeling agents and their properties (AHAs, BHAs, TCA, Jessner's, etc.).
- Assess client skin types and conditions to determine appropriate peel selection.
- Perform chemical peel procedures safely and effectively.
- Understand contraindications and precautions for chemical peels.
- Develop pre- and post-peel treatment plans.
- Manage potential complications and adverse reactions.
- Educate clients on proper home care following a chemical peel.
- Adhere to safety protocols and regulations related to chemical peel procedures.

Course Outline

Module 1: Foundations of Chemical Exfoliation:

- The Stratum Corneum: Understanding its structure and function.
- Cell Turnover and Desquamation: The natural skin shedding process.
- The Science of Chemical Peels: How they work to improve skin appearance.
- Types of Chemical Exfoliants: AHAs, BHAs, TCA, Jessner's Solution, Retinoids, and others.

Module 2: Chemical Peeling Agents and Their Properties:

- Alpha Hydroxy Acids (AHAs): Glycolic, lactic, mandelic, and other AHAs.
- Beta Hydroxy Acids (BHAs): Salicylic acid.
- Trichloroacetic Acid (TCA): Properties and applications.
- Jessner's Solution: Composition and uses.
- Retinoids: Retinol, tretinoin, and other retinoids.
- Combination Peels: Understanding the benefits and risks.
- Choosing the Right Peel: Matching peel type to client needs and skin conditions.

Module 3: Client Consultation and Assessment:

- Skin Analysis: Identifying skin type, concerns, and contraindications.
- Client History: Gathering information about medications, allergies, and previous treatments.
- Informed Consent: Explaining the procedure, risks, and benefits to the client.
- Photography and Documentation: Taking pre- and post-treatment photos.

Module 4: Chemical Peel Procedures:

- Preparing the Skin: Cleansing and degreasing the treatment area.
- Applying the Peel: Techniques for even and controlled application.
- Neutralising the Peel (if applicable): Understanding the neutralisation process.
- Post-Peel Care: Applying appropriate moisturisers and sun protection.

Module 5: Complications and Management:

- Expected Reactions: Redness, peeling, and sensitivity.
- Adverse Reactions: Burns, blistering, hyperpigmentation, and other complications.
- Managing Complications: Protocols for addressing adverse reactions.
- When to Refer to a doctor: Recognising situations requiring medical attention.

Module 6: Integrating Chemical Peels into Practice:

- Developing Treatment Plans: Combining chemical peels with other modalities.
- Client Education: Providing clear instructions for pre- and post-peel care.
- Marketing Chemical Peel Services: Promoting your services to attract clients.
- Regulations and Safety Protocols: Adhering to local guidelines and best practices.

Microneedling

This comprehensive course provides in-depth training on the theory and practical application of microneedling for skin rejuvenation and other aesthetic concerns. Students will learn about the science behind microneedling, different needling depths and techniques, client selection, treatment

protocols, and post-treatment care. Emphasis is placed on safety, efficacy, and achieving optimal results.

Course Objectives: Upon completion of this course, students will be able to:

- Understand the science of microneedling and its effects on the skin.
- Identify different types of microneedling devices and their uses (pens, rollers, etc.).
- Assess client skin types and conditions to determine appropriate treatment protocols.
- Perform microneedling procedures safely and effectively.
- Understand contraindications and precautions for microneedling.
- Develop pre- and post-treatment plans.
- Manage potential complications and adverse reactions.
- Educate clients on proper home care following a microneedling treatment.
- Adhere to safety protocols and regulations related to microneedling procedures.

Course Outline

Module 1: Foundations of Microneedling:

- The Skin's Healing Response: Understanding wound healing and collagen induction.
- The Science of Microneedling: How it stimulates collagen and elastin production.
- Different Microneedling Devices: Pens, rollers, and other devices.
- Needle Depths and Their Applications: Targeting specific skin layers.

Module 2: Microneedling Techniques and Protocols:

- Preparing the Skin: Cleansing and disinfecting the treatment area.
- Applying Topical Anaesthetics: Ensuring client comfort.
- Microneedling Techniques: Proper handling of devices and needle depth control.
- Treatment Patterns and Overlap: Achieving even coverage.
- Combining Microneedling with Other Treatments: Serums, growth factors, PRP, etc.

Module 3: Client Consultation and Assessment:

- Skin Analysis: Identifying skin type, concerns, and contraindications.
- Client History: Gathering information about medications, allergies, and previous treatments.
- Informed Consent: Explaining the procedure, risks, and benefits to the client.
- Photography and Documentation: Taking pre- and post-treatment photos.

Module 4: Microneedling Procedures (Hands-on Practice):

- Setting up the Treatment Area: Maintaining sterility and hygiene.
- Performing Microneedling on Models/Clients (under supervision): Practicing proper techniques.
- Managing Discomfort: Addressing client concerns during the procedure.

Module 5: Complications and Management:

- Expected Reactions: Redness, pinpoint bleeding, and sensitivity.
- Adverse Reactions: Infection, scarring, hyperpigmentation, and other complications.
- Managing Complications: Protocols for addressing adverse reactions.

- When to Refer to a doctor: Recognising situations requiring medical attention.

Module 6: Integrating Microneedling into Practice:

- Developing Treatment Plans: Combining microneedling with other modalities.
- Client Education: Providing clear instructions for pre- and post-treatment care.
- Marketing Microneedling Services: Promoting your services to attract clients.
- Regulations and Safety Protocols: Adhering to local guidelines and best practices.

Radiofrequency

This comprehensive course provides in-depth training on the theory and practical application of radiofrequency (RF) energy for skin tightening, rejuvenation, and other aesthetic concerns. Students will learn about the science behind RF energy, different types of RF devices, client selection, treatment protocols, and post-treatment care. Emphasis is placed on safety, efficacy, and achieving optimal results

Course Objectives: Upon completion of this course, students will be able to:

- Understand the science of radiofrequency energy and its effects on skin tissue.
- Identify different types of RF devices and their applications (monopolar, bipolar, multipolar, fractional, etc.).
- Assess client skin types and conditions to determine appropriate treatment protocols.
- Perform RF procedures safely and effectively.
- Understand contraindications and precautions for RF treatments.
- Develop pre- and post-treatment plans.
- Manage potential complications and adverse reactions.
- Educate clients on proper home care following an RF treatment.
- Adhere to safety protocols and regulations related to RF procedures.

Course Outline

Module 1: Foundations of Radiofrequency Energy:

- The Electromagnetic Spectrum: Understanding radiofrequency energy.
- How RF Energy Works: Mechanisms of action on skin tissue.
- Types of RF Devices: Monopolar, bipolar, multipolar, fractional, and others.
- Frequency and Energy Levels: Understanding their impact on treatment outcomes.

Module 2: RF Techniques and Protocols:

- Preparing the Skin: Cleansing and applying coupling gel (if needed).
- RF Application Techniques: Proper hand-piece movement and energy delivery.
- Treatment Parameters: Adjusting frequency, intensity, and treatment duration.
- Combining RF with Other Treatments: Synergistic approaches.

Module 3: Client Consultation and Assessment:

- Skin Analysis: Identifying skin type, concerns, and contraindications.
- Client History: Gathering information about medications, implants, and previous treatments.

- Informed Consent: Explaining the procedure, risks, and benefits to the client.
- Photography and Documentation: Taking pre- and post-treatment photos.

Module 4: RF Procedures (Hands-on Practice):

- Setting up the Treatment Area: Ensuring proper equipment and supplies.
- Performing RF Treatments on Models/Clients (under supervision): Practicing proper techniques.
- Managing Client Comfort: Addressing any discomfort during the procedure.

Module 5: Complications and Management:

- Expected Reactions: Redness, warmth, and mild swelling.
- Adverse Reactions: Burns, blistering, hyperpigmentation, and other complications.
- Managing Complications: Protocols for addressing adverse reactions.
- When to Refer to a doctor: Recognising situations requiring medical attention.

Module 6: Integrating RF into Practice:

- Developing Treatment Plans: Combining RF with other modalities.
- Client Education: Providing clear instructions for pre- and post-treatment care.
- Marketing RF Services: Promoting your services to attract clients.
- Regulations and Safety Protocols: Adhering to local guidelines and best practices.

Electrical Facials

This comprehensive course provides in-depth training on the theory and practical application of various electrical modalities used in facials. Students will learn about the science behind these technologies, different types of devices, client selection, treatment protocols, and post-treatment care. Emphasis is placed on safety, efficacy, and achieving optimal results.

Course Title: Electrical Facial Therapy

Course Description: This comprehensive course provides in-depth training on the theory and practical application of various electrical modalities used in facials. Students will learn about the science behind these technologies, different types of devices, client selection, treatment protocols, and post-treatment care. Emphasis is placed on safety, efficacy, and achieving optimal results.

Course Objectives: Upon completion of this course, students will be able to:

- Understand the science of electricity and its effects on skin tissue.
- Identify different types of electrical facial devices and their applications
- Assess client skin types and conditions to determine appropriate treatment protocols.
- Perform electrical facial procedures safely and effectively.
- Understand contraindications and precautions for electrical modalities.
- Develop pre- and post-treatment plans.
- Manage potential complications and adverse reactions.
- Educate clients on proper home care following electrical facial treatments.
- Adhere to safety protocols and regulations related to electrical facial procedures.

Typically we aim to train students on either of the following selections of technologies. We can not do both selections in one day, but we can space it over two days to break up the information and aid in learning.

Selection A: hydrodermabrasion, electrical blackhead extraction, radiofrequency, cool therapy, ultrasound, oxygen

Selection B: hydrodermabrasion, electrical blackhead extraction, radiofrequency, photon micro-current, ultrasound, oxygen

Course Outline

Module 1: Foundations of Electrical Modalities:

- Basic Electricity: Understanding current, voltage, and resistance.
- How Electricity Affects Skin Tissue: Mechanisms of action for different modalities.
- Safety Precautions: Electrical safety and proper handling of equipment.
- Contraindications: Identifying clients who are not suitable for electrical treatments.

Module 2: Client Consultation and Assessment:

- Skin Analysis: Identifying skin type, concerns, and contraindications.
- Client History: Gathering information about medications, medical conditions, and previous treatments.
- Informed Consent: Explaining the procedure, risks, and benefits to the client.
- Photography and Documentation: Taking pre- and post-treatment photos.

Module 3: Electrical Facial Procedures (Hands-on Practice):

- Setting up the Treatment Area: Ensuring proper equipment and supplies.
- Performing Electrical Facial Treatments on Models/Clients (under supervision): Practicing proper techniques.
- Managing Client Comfort: Addressing any discomfort during the procedure.

Module 4: Complications and Management:

- Expected Reactions: Mild redness, tingling sensations.
- Adverse Reactions: Burns, skin irritation, allergic reactions.
- Managing Complications: Protocols for addressing adverse reactions.
- When to Refer to a doctor: Recognising situations requiring medical attention.

Module 5: Integrating Electrical Facials into Practice:

- Developing Treatment Plans: Combining electrical modalities with other facial treatments.
- Client Education: Providing clear instructions for pre- and post-treatment care.
- Marketing Electrical Facial Services: Promoting your services to attract clients.
- Regulations and Safety Protocols: Adhering to local guidelines and best practices.

Thank you for your interest in our training courses! We appreciate you taking the time to learn more about how we can help you advance your career in skin and advanced facials. We're

confident that our comprehensive curriculum, expert instructors, and supportive learning environment will provide you with the skills and knowledge you need to succeed. We'd love to answer any further questions you may have and discuss which course is the best fit for your goals.

Please don't hesitate to WhatsApp us on 07960084337 or email us on clinic@neoelegance.co.uk to book on or ask any further questions. We look forward to hearing from you!