

# Hybrid Professional Master's Degree

## Advanced Aesthetic Medicine





## Hybrid Professional Master's Degree Advanced Aesthetic Medicine

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Technological University

Teaching Hours: 1,620 h.

Website: [www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-advanced-aesthetic-medicine](http://www.techtute.com/us/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-advanced-aesthetic-medicine)

# Index

01

Introduction

---

*p. 4*

02

Why Study this Hybrid  
Professional Master's Degree?

---

*p. 8*

03

Objectives

---

*p. 12*

04

Skills

---

*p. 18*

05

Course Management

---

*p. 22*

06

Educational Plan

---

*p. 28*

07

Clinical Internship

---

*p. 40*

08

Where Can I Do the Clinical  
Internship?

---

*p. 46*

09

Methodology

---

*p. 58*

10

Certificate

---

*p. 66*

# 01

# Introduction

Critical advances in technology and materials used in the beauty sector have allowed a reformulation of the concept of Aesthetic Medicine. This field is no longer understood as a discipline that covers the merely aesthetic, as it goes far beyond and includes issues such as hair loss prevention, advanced dermatology and global facial harmonization, among others. This TECH program is the answer to this new paradigm, as it combines the most rigorous scientific theory in the use of new materials and aesthetic techniques with a face-to-face stay in a demanding clinical center, getting involved in the day-to-day of the most demanding Advanced Aesthetic Medicine.







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*Get updated in biostimulation and CoolSculpting techniques in a theoretical and practical way in this Hybrid Professional Master's Degree"*

The constant interaction in social networks and the hyperconnectivity of modern society have led to an environment where personal aesthetics and appearance play a key role in relationships, even at a professional level. The American Society of Plastic Surgeons (ASPS) reports a considerable increase in the demand for cosmetic interventions, with more and more activity in this area after the pandemic.

But to limit Advanced Aesthetic Medicine only to the aesthetic area would be a mistake. Patients today are looking for comprehensive interventions, addressing both the aesthetic spectrum and their own health. Techniques such as mesotherapy or biostimulation with platelet-rich plasma are booming due to their multiple benefits at all levels, requiring constant updating by specialists in the area.

It is precisely this situation that has led to the creation of this Hybrid Professional Master's Degree in Advanced Aesthetic Medicine. The specialist will find the most updated didactic and audiovisual content of the academic panorama, with a necessary deepening in recent developments on botulinum toxin, hyaluronic acid, facial harmonization 360, the Plexer or CoolSculpting.

All this, moreover, in a completely online and flexible format. As it does not require either face-to-face classes or fixed schedules, it is the students themselves who impose their own pace, being able to adapt it at all times to their responsibilities. After passing the theoretical section, the specialist will be involved in the day-to-day life of a high-level aesthetic clinic to learn the techniques and methods studied first hand.

Accompanied at all times by a designated tutor and a team of highly experienced professionals in the field of Advanced Aesthetic Medicine, the specialist will be involved in the usual responsibilities of a demanding aesthetic center. They will be able to deal with a multitude of aesthetic cases with real patients, acquiring a key practical experience for their future practice. Thus, upon graduation, the specialists will have completed a complete and holistic tour of the most in-demand aesthetic intervention techniques, both at a theoretical and practical level.

This **Hybrid Professional Master's Degree in Advanced Aesthetic Medicine** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ♦ Development of more than 100 case studies presented by experts in the different facets of Advanced Aesthetic Medicine
- ♦ Its graphic, schematic and eminently practical contents provide essential information on those disciplines that are indispensable for professional practice
- ♦ Application of new techniques such as cryolipolysis, vacuum therapy or carboxytherapy
- ♦ Analysis of real cases and adverse effects, conveniently covering how to deal with possible side effects
- ♦ In-depth study of the current use of materials such as platelet-rich plasma, tensor threads or botulinum toxin
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ In addition, you will be able to do an internship in one of the best companies in the world



*Get up to date in the approach of facial, body and hair intradermotherapy, as well as in the techniques of use and current methods of conservation of hyaluronic acid"*

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*Incorporate into your daily practice the methods of use of tensor threads, with a unique practical perspective in the academic panorama"*

In this proposal of Hybrid Professional Master's Degree, of professionalizing character and blended mode, the program is aimed at updating Aesthetic Medicine professionals seeking the most advanced methods and interventions. The contents are based on the latest scientific evidence, and oriented in an educational way to integrate theoretical knowledge into Clinical Analysis practice, and the theoretical-practical elements will facilitate knowledge updates and decision-making in patient management.

Its multimedia content, developed with the latest educational technology, will allow the Aesthetic Medicine professional a situated and contextual learning, that is, a simulated environment that will provide an immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

*Get involved hand in hand with a team of experts in the field of Advanced Aesthetic Medicine, being part of the treatment of real patients.*

*Find the most urgent news regarding the use of botulinum toxin, including guidelines for its use, most effective techniques and recommendations for its preservation.*



02

## Why Study this Hybrid Professional Master's Degree?

As far as Aesthetic Medicine is concerned, theoretical knowledge is relevant, but it is even more effective to combine it with adequate practical instruction. Real patients may present different types of requirements or require a more in-depth approach, so it is essential to improve critical thinking when deciding which materials to use or which techniques are appropriate for each case. This Hybrid Professional Master's Degree allows you to be updated at the same time that you attend different cases in a first level clinical environment, being precisely the best way to get up to date in the field of Advanced Aesthetic Medicine.







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*Access to the most advanced equipment, such as hyperbaric chambers or radiofrequency, in a complete degree that covers Aesthetic Medicine in all its areas"*

### 1. Updating from the latest technology available

Technology is constantly evolving, especially in a field such as Aesthetic Medicine, where the incorporation of new materials revolutionizes the way of treating aging, wrinkles or scars. In this Hybrid Professional Master's Degree, the specialist will have access, both theoretically and practically, to the latest developments in terms of equipment and methods of approach in Advanced Aesthetic Medicine.

### 2. Gaining In-Depth Knowledge from the Experience of Top Specialists

Since it is the most effective way to advance in the actualization and updating of such complex areas as Aesthetic Medicine, the specialist will always be surrounded by the best specialists in the area. All the theory has been written and compiled by a team of advanced professionals in the medical-aesthetic field, reinforcing this knowledge with the accompaniment of a tutor with extensive experience during the practical stay.

### 3. Entering First-Class Clinical Environments

This practical stay will allow the specialist to get involved in a privileged clinical environment, incorporating the organization, management and aesthetic intervention to his own work methodology. This practical experience will be key to learn the application of the most advanced technology in real environments.





#### 4. Combining the Best Theory with State-of-the-Art Practice

Considering the importance of addressing the increasingly complex demands of the field of Aesthetic Medicine, this degree's unique combination of advanced scientific theory with clinical practice is an unequivocal guarantee of graduating with the best possible skills and knowledge.

#### 5. Expanding the Boundaries of Knowledge

TECH offers the possibility of doing this Hybrid Professional Master's Degree, not only in national, but also in international centers. This way, the specialist will be able to expand their frontiers and catch up with the best professionals, who practice in first class centers and in different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.



*You will have full practical immersion  
at the center of your choice"*



# 03 Objectives

The main objective of this Hybrid Professional Master's Degree is to position the specialist at the clinical forefront of the field of Aesthetic Medicine. By deepening and analyzing the advanced techniques that are currently generating the greatest impact, the specialist will be able to incorporate them into their own work methodology in the most agile way possible, with the guarantee of being supported by professionals widely versed in the field.





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*Update your methodological praxis thanks to a detailed study plan, taking into account the most important topics of relevance in Advanced Aesthetic Medicine"*



## General Objective

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- In general, this Hybrid Professional Master's Degree covers the areas of greatest interest in Advanced Aesthetic Medicine. This implies an in-depth study of current techniques and filler materials, as well as the work methodology itself, the approach to side effects and modern equipment related to this area. Thus, upon graduation, the specialists will have perfected their own critical thinking in Advanced Aesthetic Medicine



*You are in front of a Hybrid Professional Master's Degree that will allow you to delve into the advances of the tensor threads both at the level of new materials and in its most avant-garde application"*





## Specific Objectives

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### Module 1. Aging and other relevant issues to consider in a practice as an aesthetic physician

- ♦ Review in depth how Aesthetic Medicine began
- ♦ Update the physician's knowledge of easy anatomy and anatomical risk areas
- ♦ Update on the methods of identifying a harmonious face
- ♦ Have updated dermatology basics (to know skin layers, semiology of the face and skin characteristics with appropriate instruments)
- ♦ Have a deep and updated knowledge of the main skin disorders (acne, rosacea, hirsutism, hyperhidrosis, dyschromia)
- ♦ Deepen in the most innovative protocols to act in emergency situations in the Aesthetic Medicine office: anaphylaxis, PCR, epileptic seizures, etc
- ♦ Know in depth the novelties related to the anesthesia used in Aesthetic Medicine: topical, local, etc
- ♦ Delve into basic medical-legal aspects: clinical history, data protection, permission for publications in social networks, civil liability insurance

### Module 2. Advanced techniques of botulinum toxin injection

- ♦ Update the physician's knowledge of botulinum toxin
- ♦ Updating in the treatment of the upper third, i.e., the most demanded treatment in the Aesthetic Medicine office: wrinkles
- ♦ Deepen in other advanced techniques: gummy smile correction and treatment of bruxism
- ♦ Keep in mind the most frequent adverse effects and to know how to deal with them
- ♦ Be updated on the commercial names of botulinum toxins type A
- ♦ Know how to reconstitute the toxin and how to preserve it according to current methods
- ♦ Know in depth the most innovative post-treatment recommendations to indicate them to each patient

### Module 3. Filler materials and hyaluronic acid

- ♦ Update on the use of filler materials: deepen on the concept and their use, know the types, etc
- ♦ Update the graduate's knowledge in the handling of hyaluronic acid
- ♦ Identify, correctly and based on its types, the main indications and treatments (dark circles, lips, furrows and expression lines)



#### Module 4. Tightening threads and other collagen-inducing materials

- ♦ Get an in-depth update on the types of collagen stimulating products
- ♦ Update on the mechanisms of action and possible adverse effects
- ♦ Acquire a comprehensive and innovative knowledge of thread tightening (mechanism of action of thread tightening, indications; complications and their solutions)

#### Module 5. Body, facial and hair mesotherapy/intradermotherapy

- ♦ Know the applications of mesotherapy at facial, capillary and body level in current Aesthetic Medicine
- ♦ Know in depth the most innovative mesotherapy techniques (manual and spray)
- ♦ Deepen in its contraindications and side effects as a review

#### Module 6. Biostimulation with Platelet Rich Plasma (PRP)

- ♦ Know the tremendous relevance of PRP and its various applications in Aesthetic Medicine today
- ♦ Elaborate a good treatment with plasma, thus obtaining the best results based on the guidelines of current Aesthetic Medicine
- ♦ Know the most effective and innovative techniques for its application according to the physiological characteristics of the patient

#### Module 7. Body Aesthetic Medicine. Obesity

- ♦ Have an updated knowledge of body composition analysis and body semiology
- ♦ Be updated on eating disorders
- ♦ Delve, in depth, into the main types of diets
- ♦ Be updated on the importance of physical exercise (importance, adequate quantity, etc.)







### **Module 8. Laser**

- ♦ Deepen in laser technology, and the different types of lasers that currently exist, both ablative and non-ablative
- ♦ Deepen in how to treat the different types of lesions (vascular lesions and pigmented lesions) based on the current criteria of Aesthetic Medicine
- ♦ Update in depigmentation of tattoos
- ♦ Update on the use of laser photoepilation

### **Module 9. Other high technologies: Plexer, CoolSculpting, ultrasound and others**

- ♦ Know what CoolSculpting consists of and its current applications and indications
- ♦ Have a deep knowledge of the latest news on the use of ultrasound in Aesthetic Medicine
- ♦ Have a brief and updated knowledge of other devices such as: radiofrequency, cavitation, cryolipolysis, vacuum therapy, diathermy, carboxitherapy and hyperbaric chamber

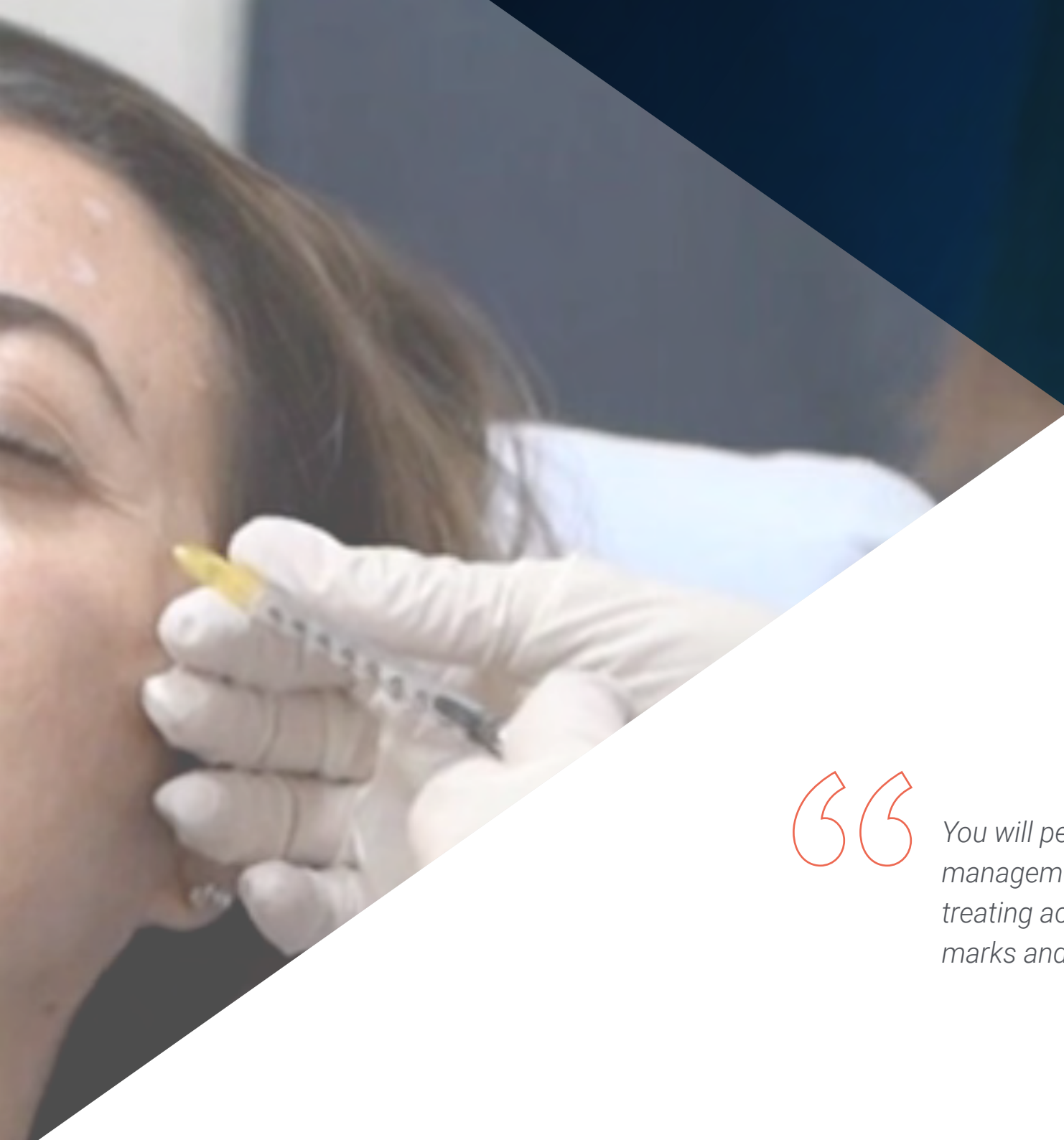
### **Module 10. 360° facial harmonization: a global vision**

- ♦ Update the physician's knowledge of the 360° method in Aesthetic Medicine
- ♦ Treat the pathology of young skin (acne) based on the most innovative treatments
- ♦ Update on rejuvenation techniques: upper 1/3, eye, oral and perioral areas
- ♦ Know in depth how to approach the treatment of the "double chin" in a new way
- ♦ Know how to approach neck and neckline rejuvenation and hand rejuvenation with the new techniques of Aesthetic Medicine
- ♦ Know how to perform a non-surgical facelift, Foxy Eyes and a facial Skinbooster following the latest advances in clinical aesthetics

# 04 Skills

The skills required to maintain an adequate practice in the field of Aesthetic Medicine are particularly broad. This Hybrid Professional Master's Degree aims not only to improve the specialist's own skills base, but also to expand them based on the latest scientific advances in materials and technology. Therefore, the entire program is based on the most rigorous theory as well as on clinical practice and work methodology based on this theory.





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*You will perfect your skills in the management of aesthetic lasers, treating acne, scars, stretch marks and other imperfections”*





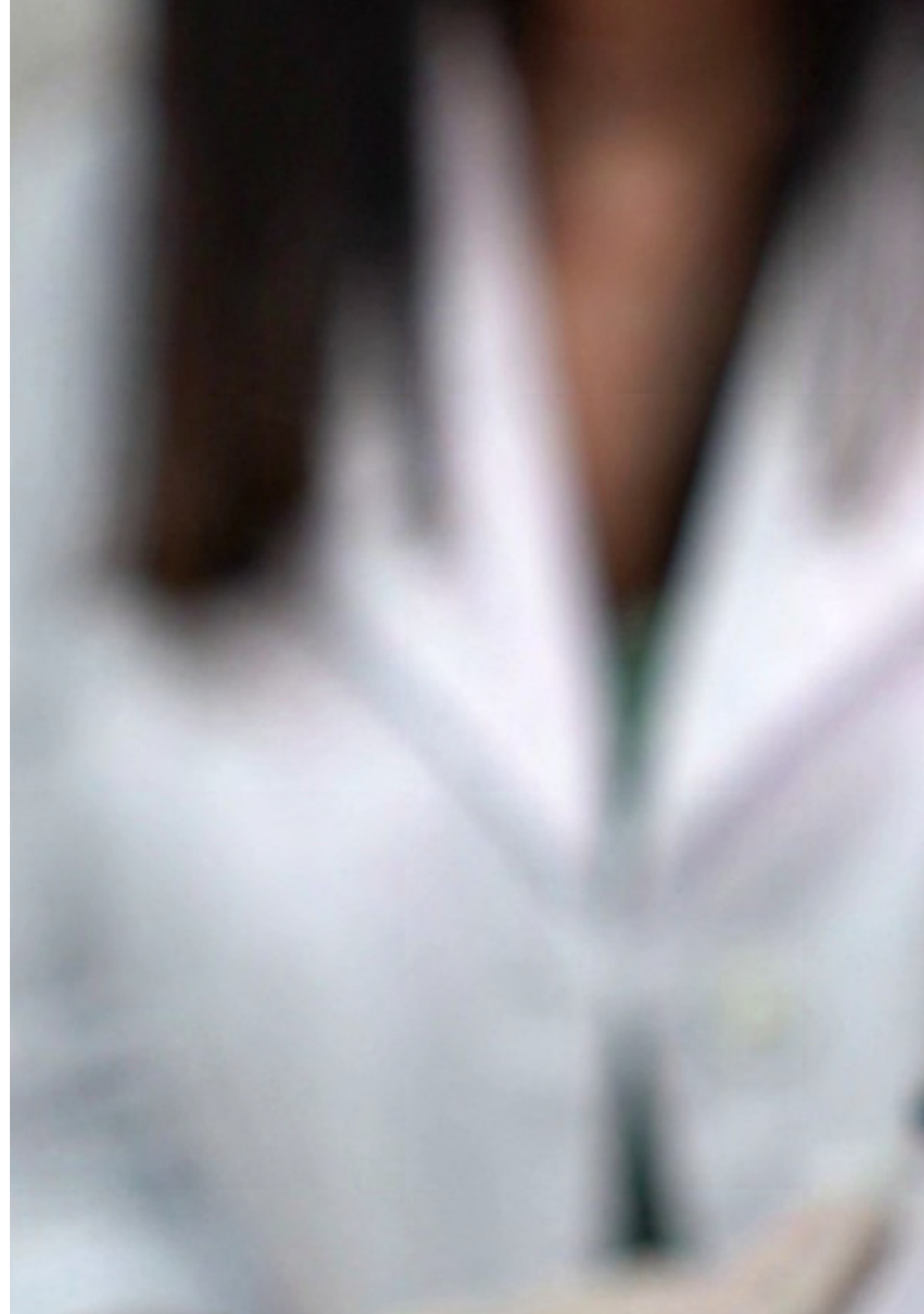
## General Skills

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- Practice Aesthetic Medicine safely and with full confidence through a comprehensive review of the latest developments related to the use of the most effective treatments, the most innovative techniques or the most durable and effective materials
- Achieve a doctor-patient relationship of the highest level through the standards set, above all, by private medicine
- Carry out the medical practice in a faster way, but with the same certainty and safety, thanks to the management of the most innovative knowledge on Advanced Aesthetic Medicine
- Face and manage situations in which the result is not as expected due to different circumstances that may arise both in the office and in the operating room

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*Raising your skills in Advanced Aesthetic Medicine to the highest current standards will allow you to approach complex problems from a much more sophisticated point of view”*







## Specific Skills

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- ◆ Perfect their skills in patient management of suspected vascular occlusion (hyaluronidase)
- ◆ Master toxin infiltration for axillary and palmar hyperhidrosis
- ◆ Refine clinical skills in the performance of mandibular marking
- ◆ Manage the complications of mesotherapy and know the current post-treatment care
- ◆ Perfectly manage the latest pharmacological treatments and current surgical techniques for obesity
- ◆ Apply rigorously, and following the safety and quality standards of Aesthetic Medicine, the laser as a tool for the treatment of acne, scars and stretch marks
- ◆ Treat aging skin (lentigines and melasma) based on the latest developments in Aesthetic Medicine
- ◆ Perform a facial masculinization using the most sophisticated and modern clinical equipment

05

# Course Management

The teaching staff in charge of the theoretical section of this program is made up of highly prestigious professionals. Doctors and specialists in different areas of Advanced Aesthetic Medicine have compiled the most outstanding scientific postulates, so that the student will always analyze real cases drawn from the experience of all the teachers.



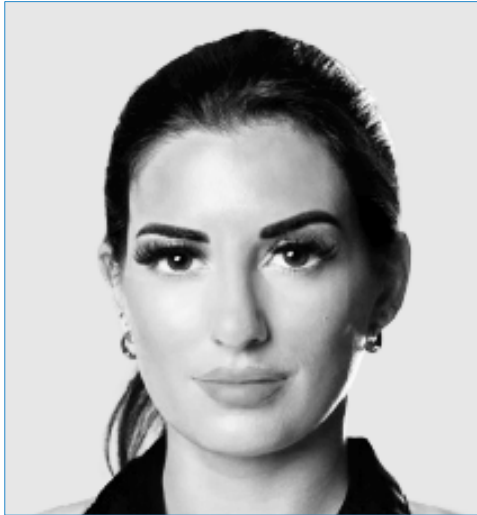


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*You will analyze how specialists and experts of the highest level act in the field of Aesthetic Medicine, being able to incorporate their approaches and methods of intervention to your own practice"*



## Management



### Dr. Ruiz Allende, Alba María

- ♦ Medical Director of Aesthetic Medicine at London Clinic Group
- ♦ Director of the Department of Aesthetic Medicine at Clinic IMEMA
- ♦ Trainer of Aesthetic Medicine workshops
- ♦ University Professor at the CEU and UCAM
- ♦ Professor of MIR preparation at CTO
- ♦ Clinical Researcher and Editor of the Emergency Live Magazine
- ♦ Residency in the Specialty of Family, Community and Emergency Medicine at the San Carlos Clinic Hospital
- ♦ Master in Aesthetic Medicine and Nutrition at the Catholic University San Antonio of Murcia
- ♦ Master in Business Management by the Catholic University San Antonio of Murcia
- ♦ Master's Degree in Clinical Bioethics by the UIMP

## Professors

### Dr. Sirgado Martínez, Ana

- ♦ Dermatology Specialist at the Clinical Hospital San Carlos. (Madrid)
- ♦ Practical teaching collaborator at UCM
- ♦ Aspirant member of the Spanish Academy of Dermatology
- ♦ Speaker at AEDV 2022 with a poster focused on Neonatal Pediatric Dermatology
- ♦ Degree in Medicine and Surgery from the University of Oviedo

### Ms. Plaza Narvaiza, Mónica

- ♦ Dietitian Specializing in Clinical and Oncological Nutrition
- ♦ Degree in Human Nutrition and Dietetics from the University of Navarra
- ♦ Master in Health Coach and Holistic Nutrition from the Institute of Integrative Nutrition
- ♦ Postgraduate in Oncological Nutrition from the University of Barcelona
- ♦ Advanced Clinical Nutrition Course by the Institute of Nutrition and Health Sciences

**Dr. Lander Lobariñas, Luis Eduardo**

- ◆ Expert Doctor in Thyroid and Obesity
- ◆ Expert Physician in Endocrinology and Nutrition at University Hospital Severo Ochoa
- ◆ Emergency Room Physician at University Hospital Sanitas La Moraleja
- ◆ Clinical researcher in the area of Thyroid and Obesity

**Dr. Córdoba Canella, Estefanía**

- ◆ Specialist in Family and Community Medicine at the Clinical Hospital of San Carlos
- ◆ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ◆ Degree in Nursing, CEU San Pablo University

**Dr. Delgado Miguel, Carlos**

- ◆ FEA of the Pediatric Surgery Area in Hospital Quirónsalud
- ◆ Specialist in Pediatric and Neonatal Surgery at the University Hospital La Paz
- ◆ Teaching, training and research in the areas of Pediatric Surgery and Pediatric Plastic Surgery
- ◆ Master's Degree in Medicine and Surgery from the Complutense University of Madrid
- ◆ Master's Degree in Trichology and Hair Transplant by the Distance University of Madrid
- ◆ Master's Degree in Pediatric Urology by the University of Andalusia
- ◆ Master's Degree in Basic Clinical Research Methodology, Catholic University San Antonio of Murcia
- ◆ Master's Degree in Integration and Resolution of Clinical Problems in Medicine by the University of Alcalá
- ◆ Member of the Spanish Society of Pediatric Surgery (SECIPE)

**Dr. Miguel Ferrero, Miriam**

- ◆ Specialist in Pediatric Surgery at the University Hospital Quirónsalud (Madrid)
- ◆ Pediatric Surgeon and Specialist in Reconstructive and Plastic Surgery
- ◆ Teaching collaborator in the Master's Degree in Pediatric Dermatology
- ◆ Teaching collaborator in the Master's Degree in Major Burn Diseases
- ◆ Teaching collaborator in the Master's Degree in Applied Mastology and Breast Cancer Treatment
- ◆ Expert in Laser Treatment of Scarring

**Dr. Leone, Antonio**

- ◆ Aesthetic Physician and Hair Surgeon
- ◆ Specialist in Clinical Pharmacology at the Clinical Hospital San Carlos (Madrid)
- ◆ Specialist in Advanced Aesthetic Medicine and Hair Surgery
- ◆ Professor of the Master's Degree in Ethics at the Complutense University of Madrid
- ◆ Practical teacher in the Department of Pharmacology of the Faculty of Medicine at the Complutense University of Madrid.
- ◆ Tutor in the International Master's Degree in Hair Transplant with FUE technique at the Catholic University San Antonio of Murcia (UCAM)
- ◆ Rotation at the Spanish Agency of Medicines and Health Products
- ◆ Master's Degree in Clinical Medicine from the Camilo José Cela University
- ◆ Master's Degree in Aesthetic Medicine from the Rey Juan Carlos University
- ◆ International Master's Degree in Hair Transplant with FUE technique at the Catholic University San Antonio of Murcia (UCAM)
- ◆ Expert in Clinical Toxicology from the University of Barcelona
- ◆ Master's Degree in Aesthetic Medicine, Nutrition and Anti Aging

**Dr. San Basilio Berenguer, María del Carmen**

- ♦ Specialist in Pediatric Surgery
- ♦ External Rotation in Plastic Surgery at the Great Ormond Street Hospital
- ♦ External Rotation in Plastic Surgery at the University General Hospital Gregorio Marañón
- ♦ Member of the COVID-19 pandemic support group at the University Hospital La Paz
- ♦ Speaker: National Congress of the Spanish Society of Vascular Anomalies, Congress of the European Society of Pediatric Surgery

**Dr. Álvarez Roca, Eva**

- ♦ Corporate Medical Advisor in the Medical Department of Mediderma-Sesderma
- ♦ Master of Continuing Education in Aesthetic Medicine and Comprehensive Rejuvenation by the Catholic University of Valencia and the European Medical College
- ♦ MBA with Specialization in Health and Hospital Management from MF Nebrija
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Speaker at national and international congresses
- ♦ International cooperation in health projects in Cameroon, Ghana, Benin and Honduras

**Dr. Moreno Sánchez, Isabel**

- ♦ Specialist in Family and Community Medicine at the Salamanca Hospital
- ♦ Nurse in multiple fields
- ♦ Occupational Risk Prevention Physician
- ♦ Speaker at several national congresses of General Medicine
- ♦ Diploma in Nursing from the University of Salamanca
- ♦ Graduate in Medicine from Riga Stradins University

**Dr. Muñoz Puig, Ana**

- ♦ Medical Aesthetician Specialist in Facial Design and Skin Care
- ♦ Specialist in Aesthetic and Reconstructive Medicine at Hospital Vithas Valencia 9 de Octubre
- ♦ Teaching collaborator of the Master of Advanced Techniques in Aesthetic and Laser Medicine at the CEU Cardenal Herrera University
- ♦ PhD in Medicine from the University of Valencia
- ♦ Master's Degree in Aesthetic Medicine and Laser Techniques from CEU Cardenal Herrera University

**D. Albors Vaquer, Arturo**

- ♦ Corporate Coordinator of the Medical Department in Mediderma
- ♦ Medical Advisor at Mediderma-Sesderma
- ♦ Scientific Researcher at the Instituto de Investigación Sanitaria La Fe
- ♦ Speaker at various workshops, congresses and scientific conferences related to the area of Aesthetic Medicine
- ♦ Degree in Biotechnology from the Catholic University of Valencia
- ♦ Master's Degree in Research and Rational Use of Medicines from the University of Valencia

**Dr. Garcia Mare, Alfredo**

- ♦ Specialist in Dermatology at the Clinical Hospital San Carlos (Madrid)
- ♦ Graduate in Medicine and Surgery from the University of Valencia
- ♦ Scholarship for the Ibero Latin American Congress of Dermatology (CILAD)

**Dr. González San Narciso, Estrella**

- ♦ Specialist in the Area of Family and Community Medicine
- ♦ Graduate in Medicine



**Dr. Moreno Borque, Ricardo**

- ♦ Medical Specialist in Medical and Surgical Dermatology and Venereology
- ♦ Medical Specialist in Medical and Surgical Dermatology and Venereology at the Clinical Hospital San Carlos of Madrid
- ♦ Specialist in Allergology and Clinical Immunology
- ♦ Honorary Professor at the Universidad Rey Juan Carlos
- ♦ Doctorate in Medicine, University of Alcalá
- ♦ Author of several Scientific articles in national and international journals

**Dr. Maan Di Campli, Claudia Marina**

- ♦ Aesthetic Doctor in Novoclinic
- ♦ Medical Surgeon by the University of Oriente Núcleo de Anzoátegui
- ♦ Member of the Illustrious Official College of Physicians of Madrid (ICOMEM)
- ♦ Diploma in Aesthetic, Facial and Body Medicine from the University of Carabobo
- ♦ Professional Master's Degree in Esthetic, Regenerative and Anti-Aging Medicine at the Complutense University of Madrid
- ♦ Member of: Madrid Association of Aesthetic Medicine (AMEM)

**Dr. Muñoz Sánchez, Gabriel**

- ♦ Specialist in Family Medicine
- ♦ Health Illustrator
- ♦ Scientific disseminator

**Dr. Merayo López, Delia**

- ♦ Physician in the Hemodialysis Unit of the Red Cross of Oviedo
- ♦ Degree in Medicine and Surgery at the University of Cantabria
- ♦ Master in Emergency Medicine SEMES by the University Francisco de Vitoria

**Dr. López García, María del Valle**

- ♦ Specialist in Dental and Facial Aesthetics
- ♦ Orthodontist
- ♦ Degree in Dentistry
- ♦ Master in Orthodontics and Dentofacial Orthodontics
- ♦ Master of Excellence in Orthodontics and Orthognathodontics
- ♦ Invisalign Certification
- ♦ Member of the Official College of Dentists and Stomatologists

**Dr. Cova Medina, Ana**

- ♦ Medical Specialist in Metabolic Syndrome and Obesity
- ♦ Internal Medicine Intern in the Area of Occupational Medicine at the Clinical University Hospital San Cecilio
- ♦ Medical Degree from Universidad de Oriente. Anzoátegui (Venezuela)
- ♦ Expert in Metabolic Syndrome and Obesity at the CTO Academy
- ♦ Ambassador in the CTO Academy Latin America
- ♦ MIR Preparation Course at CTO Academy
- ♦ Advanced Cardiovascular Life Support Provider (SCVI/ACLS) by the European Resuscitation Council
- ♦ Physician at Depilife. Buenos Aires (Argentina)
- ♦ General Physician at Organización Hebrea Argentina Macabi. Buenos Aires (Argentina)
- ♦ Emergency Physician at Policlínica Puerto La Cruz. Anzoátegui (Venezuela)

**Dr. Valenzuela Luque, Alejandro**

- ♦ Specialist in Family and Community Medicine
- ♦ Bachelor of Medicine from the Faculty of Medicine and Nursing
- ♦ Specialization in Family and Community Medicine at the Ramón y Cajal University Hospital

# 06

## Educational Plan

TECH's pedagogical methodology, based on *Relearning*, allows the specialist to delve into Advanced Aesthetic Medicine in a natural and progressive way. The most important concepts in this area are taught gradually throughout the programme, thus considerably reducing the hours of study needed to overcome it. In turn, a considerable amount of complementary material is provided, such as videos in detail and additional readings, so that the specialist delves into those topics that generate greater interest.



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*You will have all the most current scientific keys regarding techniques such as facial Skinbooster or Foxy Eyes”*



## Module 1. Aging and other relevant issues to consider in a practice as an aesthetic physician

- 1.1. Anatomical changes that occur during aging
  - 1.1.1. Ligaments, muscular and skin changes depending on age
  - 1.1.2. Theories of aging in force (molecular theory, oxidative stress)
  - 1.1.3. Telomeric shortening (new). Genes associated with longevity and aging
- 1.2. How do we value aging?
  - 1.2.1. Degrees of aging
  - 1.2.2. Scales of assessment of aging
  - 1.2.3. Imaging diagnostic methods (ultrasound paper)
- 1.3. External factors involved in skin aging and how they do it
  - 1.3.1. Sun damage
  - 1.3.2. Tobacco Use
  - 1.3.3. Dietary Habits
  - 1.3.4. Physical exercise
- 1.4. Treatable Dermatological Problems in Aesthetic Medicine
  - 1.4.1. Acne
  - 1.4.2. Melasma
  - 1.4.3. Couperosis
  - 1.4.4. Rosacea
  - 1.4.5. Atopic Skin
  - 1.4.6. Seborrheic Dermatitis
  - 1.4.7. Hyperhidrosis
  - 1.4.8. Dysromies
  - 1.4.9. Keloid and hypertrophic scars (use of TRIGON)
- 1.5. Infections in Aesthetic Medicine
  - 1.5.1. Infection Prevention
  - 1.5.2. Diagnosis of more common infections. Cold sores
  - 1.5.3. Treatment of post-treatment infections
  - 1.5.4. Allergic reactions and skin intolerances in the Aesthetic Medicine practice
  - 1.5.5. Most common allergic reactions
  - 1.5.6. Prevention
  - 1.5.7. Treatment

- 1.6. Anesthesia used in Aesthetic Medicine. How do we anesthetize in Aesthetic Medicine?
  - 1.6.1. Types of anesthesia: topical, local, locoregional
  - 1.6.2. Anesthetics most commonly used in Aesthetic Medicine
  - 1.6.3. Unwanted effects of anesthesia in Aesthetic Medicine
- 1.7. Mode of action in case of suspected vascular occlusion
  - 1.7.1. Facial anatomical areas most at risk
  - 1.7.2. Most frequent vascular occlusion
  - 1.7.3. Signs and symptoms of vascular occlusion
  - 1.7.4. The role of filler antidotes. Hyaluronidase
- 1.8. Mode of action in urgent situations in Aesthetic Medicine
  - 1.8.1. How to act in case of CPR. (CPR chain)
  - 1.8.2. How to act in an anxiety crisis
  - 1.8.3. How to act in case of hypoglycemia
  - 1.8.4. How to act in the event of an epileptic seizure
  - 1.8.5. How to act in the event of excessive bleeding (Amchafibrin)
- 1.9. Identification of patients with mental disorders
  - 1.9.1. Most frequent psychiatric problems among users of Aesthetic Medicine
  - 1.9.2. Identification of patients with ED
  - 1.9.3. Identification of patients with BPD
  - 1.9.4. Identification of patients with depressive traits

## Module 2. Advanced techniques of botulinum toxin injection

- 2.1. Botulinum Toxins Authorized for Aesthetic Use
  - 2.1.1. What is Botulinum Toxin
  - 2.1.2. Mechanism of Action
  - 2.1.3. Trade Names of Botulinum Toxins Type A
  - 2.1.4. Toxins Authorized for Aesthetic Use
  - 2.1.5. Toxins authorized for other medical pathologies
- 2.2. Most frequent indications of botulinum toxin in Aesthetic Medicine: treatment of expression wrinkles
  - 2.2.1. Indications for Treatment on Forehead Wrinkles
  - 2.2.2. Indications for treatment of glabella/brow wrinkles
  - 2.2.3. Indications for treatment of periorcular wrinkles/cock's feet

- 2.3. Other indications of botulinum toxin in Aesthetic Medicine
  - 2.3.1. Indications for the treatment of eyebrows/eyebrow *lifting*
  - 2.3.2. Indications for treatment of the suborbital region and nose (*Bunny Lines*)
  - 2.3.3. Indications for treatment of the vertical wrinkles of the upper lip (bar code)
  - 2.3.4. Indications for treatment of the corners of the mouth/puppet lines
  - 2.3.5. Indications for treatment of chin wrinkles
  - 2.3.6. Indications for treatment of neck wrinkles (platysma muscle)
- 2.4. Bruxism: masseter hypertrophy
  - 2.4.1. What is Bruxism
  - 2.4.2. Treatment of bruxism with botulinum toxin. Technique
  - 2.4.3. Results and Duration
- 2.5. Treatment of Hyperhidrosis with Botulinum Toxin
  - 2.5.1. What is Hyperhidrosis
  - 2.5.2. Types of Hyperhidrosis: axillary, palmar and plantar
  - 2.5.3. Treatments currently available for Hyperhidrosis
  - 2.5.4. Botulinum toxin in hyperhidrosis. Technique of infiltration
  - 2.5.5. Results and duration of botulinum toxin in Hyperhidrosis
- 2.6. Treatment of the Gingival Smile with botulinum toxin
  - 2.6.1. What is the Gingival Smile
  - 2.6.2. Treatments currently available for Gingival Smile
  - 2.6.3. Botulinum toxin in Gingival Smile. Technique of infiltration
  - 2.6.4. Results and duration of botulinum toxin in Gingival Smile
- 2.7. Complications from Botulinum Toxin Application
  - 2.7.1. What are the most frequent undesired effects of botulinum toxin?
  - 2.7.2. Most frequent side effects when botulinum toxin is applied in the upper third (palpebral ptosis, Mephisto eyebrows, smile affectation)
  - 2.7.3. What solutions are available to reverse the undesired effect earlier (electrostimulation)?
  - 2.7.4. How to try to prevent these unwanted effects
- 2.8. Reconstitution (preparation) of the Toxin and its Conservation
  - 2.8.1. Do All Toxins Require Refrigeration?
  - 2.8.2. Do All Toxins Need to be Reconstituted?
  - 2.8.3. Dilution of the Toxin According to the Treatment to be Performed
- 2.9. Post-treatment recommendations
  - 2.9.1. General recommendations to our patients after treatment with botulinum toxin
  - 2.9.2. Botulinum Toxin and Heat
  - 2.9.3. Botulinum Toxin and Physical Exercise
- 2.10. Durability of Botulinum Toxin
  - 2.10.1. Do all toxins (brands) have the same effect and duration
  - 2.10.2. Factors influencing the duration of the botulinum toxin
  - 2.10.3. Patients resistant to toxin treatment. Antibody theory

### Module 3. Filler materials and hyaluronic acid

- 3.1. Filler Materials
  - 3.1.1. Classification of Filler Materials
  - 3.1.2. Autologous filler materials: autologous fat, plasmigel, etc
  - 3.1.3. Resorbable and non-resorbable filler materials
- 3.2. Calcium hydroxyapatite (Radiesse)
  - 3.2.1. Indications
  - 3.2.2. Way of Action
  - 3.2.3. Application Techniques
  - 3.2.4. Results and durability
- 3.3. Poly lactic acid (Ellanse, Sculptra)
  - 3.3.1. Indications
  - 3.3.2. Way of Action
  - 3.3.3. Application Techniques
  - 3.3.4. Results and durability
- 3.4. Hyaluronic Acid
  - 3.4.1. Indications
  - 3.4.2. Types
  - 3.4.3. Way of Action
  - 3.4.4. Application Techniques
  - 3.4.5. Results and durability

- 3.5. Rhino-Modeling
  - 3.5.1. Indications for Rhino-Modeling
  - 3.5.2. Most commonly used materials for rhinomodelation (hyaluronic acid, threads, etc.)
  - 3.5.3. Rhino-Modeling Technique
  - 3.5.4. Complications and adverse effects
  - 3.5.5. Post-treatment recommendations
- 3.6. Lip Filler
  - 3.6.1. Indications for lip filler
  - 3.6.2. Most commonly used materials for lip filler
  - 3.6.3. Lip filler techniques
  - 3.6.4. Complications and adverse effects
  - 3.6.5. Post-treatment recommendations
- 3.7. Filling of dark circles under the eyes
  - 3.7.1. Indications for the filling of dark circles under the eyes
  - 3.7.2. Most commonly used materials for the filling of dark circles under the eyes
  - 3.7.3. Techniques for filling dark circles under the eyes
  - 3.7.4. Complications and adverse effects
  - 3.7.5. Post-treatment recommendations
- 3.8. Cheekbone filler
  - 3.8.1. Indications for cheekbone filler
  - 3.8.2. Most Used Materials
  - 3.8.3. Cheek filler techniques
  - 3.8.4. Complications and adverse effects
  - 3.8.5. Post-treatment recommendations
- 3.9. Complete mandibular marking
  - 3.9.1. Indications for mandibular marking
  - 3.9.2. Most commonly used materials for mandibular marking
  - 3.9.3. Mandibular marking techniques
  - 3.9.4. Complications and adverse effects
  - 3.9.5. Post-treatment recommendations

- 3.10. Complications of Filler Materials
  - 3.10.1. Complications Associated with Hyaluronic Acid Injections
  - 3.10.2. Complications Associated with Calcium Hydroxyapatite Injections
  - 3.10.3. Antidotes available for different filler materials

## Module 4. Tightening threads and other collagen-inducing materials

- 4.1. Collagen-inducing materials
  - 4.1.1. Classification
  - 4.1.2. Mode of action
  - 4.1.3. Results of each one of them
- 4.2. Tightening threads for the face
  - 4.2.1. What are the tensor threads
  - 4.2.2. Classification
  - 4.2.3. How They Work
  - 4.2.4. Results
- 4.3. PDO Threads (Polydioxanone)
  - 4.3.1. Types
  - 4.3.2. How They Work
  - 4.3.3. Durability
- 4.4. Poly Lactic Acid Threads (PLL)
  - 4.4.1. Types
  - 4.4.2. How They Work
  - 4.4.3. Durability
- 4.5. Monofilament Yarns
  - 4.5.1. Indications
  - 4.5.2. How They Work
  - 4.5.3. Durability
- 4.6. Tornado (Screw) Yarns
  - 4.6.1. Indications
  - 4.6.2. How They Work
  - 4.6.3. Durability



- 4.7. Spiculated Tensile Threads
  - 4.7.1. Indications
  - 4.7.2. How They Work
  - 4.7.3. Durability
- 4.8. APTOS Threads
  - 4.8.1. Types
  - 4.8.2. How They Work
  - 4.8.3. Durability
- 4.9. Specific indications of the tensor threads
  - 4.9.1. Eyebrow lift (*Foxy Eyes*)
  - 4.9.2. Diffusion of nasolabial folds
  - 4.9.3. Lifting of the lower face (*cocochas*)
- 4.10. Complications of the tensor threads
  - 4.10.1. Most Frequent-Surgical Complications
  - 4.10.2. Contraindications for the use of tensor threads
  - 4.10.3. Possible solutions to complications

## Module 5. Body, facial and hair mesotherapy/intradermotherapy

- 5.1. Mesotherapy
  - 5.1.1. Evolution of Mesotherapy
  - 5.1.2. Mesotherapy Theory
  - 5.1.3. Main types of mesotherapy: capillary, facial and body
  - 5.1.4. Main indications of mesotherapy
- 5.2. The most important active ingredients. Chemical characteristics and indications
  - 5.2.1. Centella asiaticaticatica (asiaticoside)
  - 5.2.2. *Cynara scolymus*. Cynarin (artichoke)
  - 5.2.3. Rutin. Rutin-3-rutoside-Quercetin-3-rutoside-Vit P
  - 5.2.4. Sweet clover extract (coumarin)
  - 5.2.5. Sodium pyruvate
  - 5.2.6. Organic silicon (methylsilanol mannuronate)
  - 5.2.7. L-Carnitine (fat eater)
  - 5.2.8. Caffeine Methylxanthines
  - 5.2.9. Triiodoiodothyroacetic acid (Triac. Trial)
  - 5.2.10. Phosphatidylcholine (Lecithin)
  - 5.2.11. Sodium deoxycholate
  - 5.2.12. Vitamin C. Ascorbic acid
- 5.3. Indications for body mesotherapy in Aesthetic Medicine
  - 5.3.1. Main indications of body mesotherapy
  - 5.3.2. Mesotherapy for localized fat
  - 5.3.3. Cellulite. Panniculopathy Edematous Fibrous Sclerotic (PEFE)
  - 5.3.4. Histology of Cellulite
    - 5.3.4.1. Etiopathogenesis
    - 5.3.4.2. Phases
    - 5.3.4.3. Diagnosis and different treatments
- 5.4. Indications of easy mesotherapy in Aesthetic Medicine
  - 5.4.1. What is facial mesotherapy
  - 5.4.2. Why it is performed
  - 5.4.3. What does it consist of?
- 5.5. Types of Facial Mesotherapy
  - 5.5.1. Firming/silicon
  - 5.5.2. With vitamins
  - 5.5.3. With hyaluronic acid
- 5.6. Indications for hair mesotherapy
  - 5.6.1. What Is It?
  - 5.6.2. What are its indications
  - 5.6.3. What substances do we use
- 5.7. Preparation for mesotherapy
  - 5.7.1. How we prepare the skin
  - 5.7.2. Asepsis conditions
  - 5.7.3. Anesthesia used
- 5.8. Complications and Secondary Effects of Mesotherapy
  - 5.8.1. Main Complications of mesotherapy
  - 5.8.2. Main Secondary Effects of Mesotherapy

- 5.9. Mesotherapy techniques
  - 5.9.1. How is it applied?
  - 5.9.2. Manual mesotherapy
  - 5.9.3. Gun mesotherapy
  - 5.9.4. Specific mesotherapy techniques
    - 5.9.4.1. *Nappage*
    - 5.9.4.2. Micropapule
    - 5.9.4.3. Papule, similar to the previous one, leaves a slightly larger papule, but equally transient
    - 5.9.4.4. Retrotracing
- 5.10. Mesotherapy with microneedles (*microneedling*)
  - 5.10.1. What Is It?
  - 5.10.2. Most Common Indications
  - 5.10.3. Most commonly used substances

## Module 6. Biostimulation with Platelet Rich Plasma (PRP)

- 6.1. What is PRP?
  - 6.1.1. Concept
  - 6.1.2. Main current indications in medicine
  - 6.1.3. Main indications in Aesthetic Medicine
  - 6.1.4. Main Indications in tichology
- 6.2. What does PRP treatment consist of? Step-by-Step Explanation
  - 6.2.1. What does PRP treatment consist of?
  - 6.2.2. Step-by-Step Explanation
  - 6.2.3. Possible Complications
- 6.3. Obtaining PRP, open technique
  - 6.3.1. What Is It?
  - 6.3.2. Risk
  - 6.3.3. Biosecurity
- 6.4. Obtaining PRP, closed technique
  - 6.4.1. What Is It?
  - 6.4.2. Benefits over open
  - 6.4.3. Biosecurity





- 6.5. How to centrifuge PRP and its activation
  - 6.5.1. Centrifuge
  - 6.5.2. Choosing the appropriate revolutions and centrifugation time
  - 6.5.3. Platelet activation
- 6.6. PRP Application Techniques
  - 6.6.1. How PRP is applied to our patients
  - 6.6.2. Techniques: needles and Dermapen
  - 6.6.3. Mask with PRP
- 6.7. Benefits of PRP treatment
  - 6.7.1. Benefits at capillary level
  - 6.7.2. Benefits at the level of facial aesthetics
  - 6.7.3. Benefits at the level of body aesthetics
- 6.8. Risk
  - 6.8.1. Risks of PRP application
  - 6.8.2. Contraindications of PRP application
- 6.9. New generation of PRP (2nd, 3rd and 4th generation)
  - 6.9.1. 2nd generation PRP
  - 6.9.2. 3rd generation PRP
  - 6.9.3. 4th and 5th generation PRPs
- 6.10. Adverse Effects
  - 6.10.1. Most frequent undesired effects of the use of PRP
  - 6.10.2. How to manage the side effects caused by the use of PRP

## Module 7. Body Aesthetic Medicine. Obesity

- 7.1. Analysis of body composition: fat tissue structure
  - 7.1.1. Adipose tissue
  - 7.1.2. Types of Adipose Tissue
  - 7.1.3. Body distribution of adipose tissue
- 7.2. Body semiology: anthropometric analysis, bioimpedance. BMI
  - 7.2.1. Anthropometric analysis of our patients
  - 7.2.2. Bioimpedance
  - 7.2.3. BMI



- 7.3. Obesity
  - 7.3.1. Degrees of obesity
  - 7.3.2. Types of obesity
  - 7.3.3. Epidemiology
  - 7.3.4. Causes of Obesity
  - 7.3.5. Main Complications of Obesity
- 7.4. Other aesthetic body pathologies and their most common treatment
  - 7.4.1. Edemofibrosclerotic panniculopathy / cellulitis
  - 7.4.2. Localized adiposity
  - 7.4.3. Lipedema
  - 7.4.4. Body Flaccidity
- 7.5. Eating Behavior Disorders (EDD)
  - 7.5.1. What are Eating Disorders?
  - 7.5.2. What types of Eating Disorders are there?
  - 7.5.3. How can they be prevented?
- 7.6. Body Dysmorphic Disorder
  - 7.6.1. What Is It?
  - 7.6.2. Causes and Risk Factors
  - 7.6.3. Symptoms and Signs
  - 7.6.4. Treatment
- 7.7. Types of Diets
  - 7.7.1. What is a diet?
  - 7.7.2. Current fad diets (benefits and harms)
  - 7.7.3. Intermittent fasting (benefits and detriments)
- 7.8. Physical exercise
  - 7.8.1. Benefits of Physical Exercise
  - 7.8.2. Types of physical exercise (aerobic and anaerobic) and their benefits
  - 7.8.3. Recommended amount
- 7.9. Pharmacological Treatment of Obesity. Drugs approved in Spain
  - 7.9.1. Orlistat
  - 7.9.2. Bupropion/Naltrexone (BN)
  - 7.9.3. Liraglutide

- 7.10. Surgical Treatment of Obesity
  - 7.10.1. What is bariatric surgery?
  - 7.10.2. Which patients can undergo this surgery
  - 7.10.3. Surgical techniques for obesity
    - 7.10.3.1. Restrictive
    - 7.10.3.2. Malabsorptive
    - 7.10.3.3. Mixed

## Module 8. Laser

- 8.1. General classification of laser types
  - 8.1.1. Ablative laser
    - 8.1.1.1. Mode of action
    - 8.1.1.2. Types
    - 8.1.1.3. Main Applications
  - 8.1.2. Non-ablative laser
    - 8.1.2.1. Mode of action
    - 8.1.2.2. Types
    - 8.1.2.3. Main Applications
    - 8.1.2.4. Comparative table:
- 8.2. Intense Pulsed Light Laser (IPL)
  - 8.2.1. Mechanisms of action
  - 8.2.2. Main indications
  - 8.2.3. Results
- 8.3. LED laser
  - 8.3.1. Mechanisms of action
  - 8.3.2. Main indications
  - 8.3.3. Results
- 8.4. CO2 Laser
  - 8.4.1. Mechanism of Action
  - 8.4.2. Main indications
  - 8.4.3. Results

- 8.5. Erbium Laser YAG
  - 8.5.1. Mechanism of Action
  - 8.5.2. Main indications
  - 8.5.3. Results
- 8.6. Q-Switched Laser
  - 8.6.1. Mechanisms of action
  - 8.6.2. Main indications
  - 8.6.3. Results
- 8.7. Laser hair removal
  - 8.7.1. Mode of action
  - 8.7.2. Types of lasers used for hair removal
    - 8.7.2.1. Ruby (694 nm)
    - 8.7.2.2. Alexandrite (755 nm)
    - 8.7.2.3. Diode (800 nm)
    - 8.7.2.4. Neodymium Yag (1064 nm)
    - 8.7.2.5. Intense Pulsed Light IPL
  - 8.7.3. Results
- 8.8. Laser for pigmented lesions and tattoos
  - 8.8.1. Laser used for the removal of pigmented lesions
  - 8.8.2. Laser used for the depigmentation of tattoos
  - 8.8.3. Results
- 8.9. Laser in some medical pathologies
  - 8.9.1. Laser treatment of acne
  - 8.9.2. Laser treatment of scars
  - 8.9.3. Laser treatment of stretch marks
  - 8.9.4. Treatment of vascular lesions (percutaneous vascular laser)
  - 8.9.5. Laser Lipolysis
    - 8.9.5.1. Concept
    - 8.9.5.2. Type of laser used
    - 8.9.5.3. Results
- 8.10. Skin Preparation Anesthesia. Safety and protection during the use of lasers and other light sources
  - 8.10.1. Pre-laser skin preparation
  - 8.10.2. Anesthesia used prior to laser
  - 8.10.3. Safety for the physician and the patient
    - 8.10.3.1. Eye Protection
  - 8.10.4. Intralesional photodynamic therapy (novel treatment modality that improves clinical outcomes)

### Module 9. Other high technologies: *Plexer*, *CoolSculpting*, ultrasound and others

- 9.1. *Plexer*
  - 9.1.1. What is *Plexer*?
  - 9.1.2. Main indications
  - 9.1.3. Results
- 9.2. *CoolSculpting*
  - 9.2.1. What is *CoolSculpting*?
  - 9.2.2. Main indications
  - 9.2.3. Results
- 9.3. Ultrasound in Aesthetic Medicine
  - 9.3.1. Introduction to ultrasound
  - 9.3.2. Indications of Ultrasound in Aesthetic Medicine
  - 9.3.3. Main uses
  - 9.3.4. Diagnosis of skin condition
  - 9.3.5. Ultrasound and flaccidity
  - 9.3.6. Ultrasound and implants
  - 9.3.7. Ultrasound in body therapies
- 9.4. Radiofrequency
  - 9.4.1. What is Radiofrequency?
  - 9.4.2. Main indications
  - 9.4.3. Results
- 9.5. Cavitation
  - 9.5.1. What is Cavitation?
  - 9.5.2. Main indications
  - 9.5.3. Results

- 9.6. Diathermy
  - 9.6.1. What is Diathermy?
  - 9.6.2. Main indications
  - 9.6.3. Results
- 9.7. Cryolipolysis
  - 9.7.1. What is Cryolipolysis?
  - 9.7.2. Main indications
  - 9.7.3. Results
- 9.8. Vacuum therapy
  - 9.8.1. What is vacuum therapy?
  - 9.8.2. Main indications
  - 9.8.3. Results
- 9.9. Carboxytherapy
  - 9.9.1. What is Carboxytherapy?
  - 9.9.2. Main indications
  - 9.9.3. Results
- 9.10. Hyperbaric chamber
  - 9.10.1. What is the hyperbaric chamber?
  - 9.10.2. Main indications
  - 9.10.3. Results

## Module 10. 360° facial harmonization: a global vision

- 10.1. What does 360° facial harmonization consist of?
  - 10.1.1. What Is It?
  - 10.1.2. Indications and treatments involved
  - 10.1.3. Results
- 10.2. Complete rejuvenation of the upper 1/3
  - 10.2.1. What Is It?
  - 10.2.2. Materials used
  - 10.2.3. Results
- 10.3. Rejuvenation of the oral and perioral area
  - 10.3.1. What Is It?
  - 10.3.2. Materials used
  - 10.3.3. Results





- 10.4. Neck and décolleté rejuvenation
  - 10.4.1. What Is It?
  - 10.4.2. Materials used
  - 10.4.3. Results
- 10.5. Hand rejuvenation
  - 10.5.1. What Is It?
  - 10.5.2. Materials used
  - 10.5.3. Results
- 10.6. Facial Masculinization
  - 10.6.1. What Is It?
  - 10.6.2. Materials used
  - 10.6.3. Results
- 10.7. *Foxy Eyes*
  - 10.7.1. What Is It?
  - 10.7.2. Materials used
  - 10.7.3. Results and complications
- 10.8. Non-surgical *Lifting*
  - 10.8.1. What Is It?
  - 10.8.2. Materials used
  - 10.8.3. Results
- 10.9. Treatment of double chin
  - 10.9.1. What Is It?
  - 10.9.2. Materials used
  - 10.9.3. Results
- 10.10. *Skinbooster* facial
  - 10.10.1. What Is It?
  - 10.10.2. Materials used
  - 10.10.3. Results



07

# Clinical Internship

The theoretical study period is followed by a first class practical stay in one of the most important clinical centers of the aesthetic panorama. This will be of vital importance for the students at the end of the Hybrid Professional Master's Degree, as they will not only have reviewed the most effective scientific precepts, but will also have been able to see how to integrate them into the management and daily tasks of a prestigious aesthetic clinic.





“

*Choose a privileged clinical center, where you will be accompanied by the best specialists in Advanced Aesthetic Medicine so that you can resolve all your doubts and concerns directly with them"*

In this proposal of training, completely practical in nature, the Tañá aimed at developing and perfecting the skills necessary for the provision of health care in areas and conditions that require a high level of qualification, and which are oriented to the specific training for the exercise of the activity, in an environment of safety for the patient and high professional performance.

The practical teaching will be done with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other training partners to facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of Advanced Aesthetic Medicine (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

“

*You will have at your disposal the best possible aesthetic equipment and materials, including those most in demand in the aesthetic sector”*







Module	Practical Activity
<b>Use of lasers in Advanced Aesthetic Medicine</b>	Handle the endolaser in large varicose veins removal treatments
	Acquire fluency in the elimination of small varicose veins, spider veins and venous dilatations on the face
	Use the photorejuvenation laser on the face, neck, décolleté and hands
	Perfect the techniques of using fractional CO2 laser in rejuvenation treatments
<b>Botulinum toxin, hyaluronic acid and use of advanced materials in Aesthetic Medicine</b>	Assist in wrinkle reduction and prevention interventions
	Knowing the most demanded materials in upper third interventions
	Deepen in clinical practice related to gingival smile correction and bruxism treatments
	Observe the correct handling of hyaluronic acid, as well as its main indications and treatments for dark circles under the eyes, lips, furrows and expression lines
<b>Techniques state of the art in facial interventions</b>	Contribute in the correction of wrinkles or the lifting of eyebrows by means of tensor threads
	Assist in the use of IPL (Intense Pulsed Light) in the elimination of marks produced by skin lesions, acne or stress
	Assist in the application of dermabrasion to correct skin aging or hyperpigmentation
	Being part of intervention teams with lip augmentation and facial remodeling treatments
<b>Techniques state of the art in physical interventions</b>	Analyze patients with alterations in the circulatory system requiring pressotherapy treatment
	Tackling cellulite by being part of interventions involving carboxytherapy
	Be involved in cavitation treatments in patients who need to eliminate localized fat or cellulite
	Provide post-treatment indications to patients who have completed body interventions
<b>Aesthetic Medicine 360 and new treatments</b>	Join teams that handle <i>CoolSculpting</i> based on the most up-to-date criteria
	Implement ultrasound in the modern aesthetic practice
	Handle the most effective equipment in cryolipolysis and diathermy treatments
	Analyze the results after performing a <i>facial Skinbooster</i>
	Deal with cases of neck, neckline and hands rejuvenation with new Aesthetic Medicine techniques



## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions for Practical Training

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

# Where Can I Do the Clinical Internship?

The centers chosen by TECH to carry out this Hybrid Professional Master's Degree meet the highest quality standards in Aesthetic Medicine. This means that the specialists are guaranteed not only to be part of a team of highly trained professionals, but also to find themselves in demanding environments, which will put them to the test and where they will be able to acquire decisive experience for their own updating.





“

*Choose one of the clinical centers with the greatest projection in the aesthetic area, having guaranteed a clinical environment that you will be able to take full advantage of"*





Students will be able to take the practical part of this Hybrid Professional Master's Degree in the following centers:



Medicine.

### Clip Medical

Country	City
Spain	Madrid

Address: Calle Clara del Rey, 3, 28002, Madrid

Aesthetic and plastic and reconstructive surgery center.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Mandri

Country	City
Spain	Barcelona

Address: Carrer de Bigai, 11-13, Local 1, 08022, Barcelona

Center specialized in Aesthetic and Plastic Surgery

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Ágape Medicina Estética

Country	City
Spain	Toledo

Address: Paseo de la Rosa, 6B, 45006, Toledo

Medical center for aesthetic and dermocosmetic care

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Giro+Klinic

Country	City
Spain	Girona.

Address: Carrer de la Serra de Vall-Lloureda, 6, 17003 Girona

Clinical center specialized in Aesthetic Medicine and Surgery.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Dr. Campos

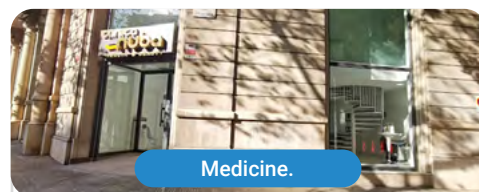
Country	City
Spain	Malaga

Address: Avenida Ricardo Soriano 65, 5-2, Edificio Rincón del Mar, 29601, Marbella, Málaga

Clinic located in Marbella with more than 30 years of experience in Plastic and Aesthetic Surgery.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Nuba

Country	City
Spain	Barcelona

Address: C/ de Provença, 291, 08037 Barcelona

Aesthetic Medicine and Surgery Clinic in Barcelona

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Plastic Surgery



Medicine.

### ESGAF Clinic

Country	City
Spain	Madrid

Address: Calle del Dr. Martín Arévalo, 25, 28021 Madrid

Center of Integrative Aesthetic Medicine

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Medicine



Medicine.

### Clínica Rosa Mora

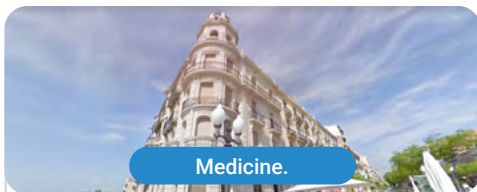
Country	City
Spain	Alicante

Address: C/ de San Carlos, 109, 03013 Alacant, Alicante, España

Advanced aesthetic clinic with the highest level of clinical equipment.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínic Odita

Country: Spain City: Tarragona

Address: Rambla Nova, 2, 1º1ª, 43004 Tarragona

Advanced aesthetic and anti-aging clinic

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine.

### Clínic Biteki

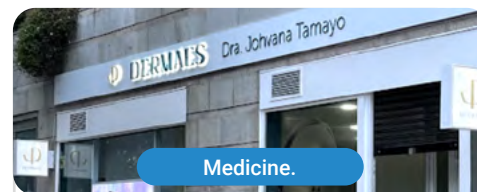
Country: Spain City: Toledo

Address: Av. Salvador Allende, 9, 45600 Talavera de la Reina, Toledo

Biteki Aesthetic Medicine Clinic specializes in the most avant-garde diagnostic and therapeutic procedures in facial, hair and body treatments.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Dermaes

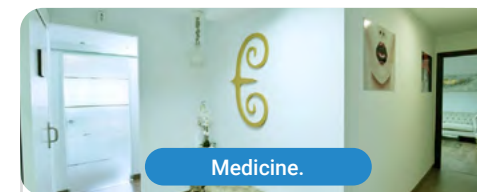
Country: Spain City: Madrid

Address: C. del Marqués de la Valdavia, 107, 28100 Alcobendas, Madrid

Aesthetic medicine center specializing in facial rejuvenation

**Related internship programs:**

- Aesthetic Nursing



Medicine.

### Eritea Medicina Estética

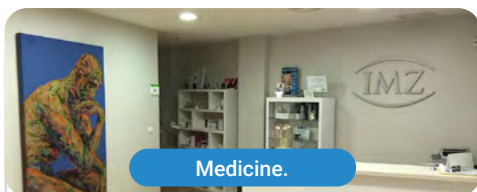
Country: Spain City: Cadiz

Address: Av. Cayetano del Toro, 23, 1 A, 11010 Cádiz

Professionals dedicated to health, beauty and wellness

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Medicine



Medicine.

### Instituto Médico Zahrawi

Country: Spain City: Valence

Address: Pl. del Ayuntamiento, 8, 46002 València, Valencia

Aesthetic Medicine Clinic specializing in Facial, Body and Dental

**Related internship programs:**

- Aesthetic Nursing
- Advanced Aesthetic Medicine



Medicine.

### Ferraro Clínica Medicina Estética

Country: Spain City: Madrid

Address: Calle de Serrano, 61, 28006, Madrid

We are a medical aesthetic clinic that was created with the aim of making people feel more beautiful and better about themselves, taking care of them through aesthetic medicine.

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Softouch

Country: Spain City: Vizcaya

Address: Novia Salcedo Kalea, 3, 48930 Getxo, Bizkaia

Plastic Surgery, Aesthetic Medicine and Anti-Aging Clinic

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Adelgar

Country: Spain City: Madrid

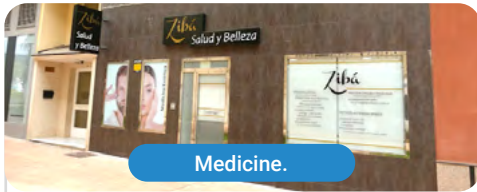
Address: Calle de Francisco Silvela, 71, 1ºE (28028) Madrid

Clinical Center specialized in slimming treatments

**Related internship programs:**

- Antiaging
- Aesthetic Medicine





Medicine.

### Zibá Salud y Belleza

Country	City
Spain	Badajoz

Address: Calle Julio Cienfuegos Linares, núm 10, 06006 Badajoz

Clinical Center of Aesthetic Medicine

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Dorsia Arroyomolinos

Country	City
Spain	Madrid

Address: Av. de la Unión Europea, 49, Local 2, 28939 Arroyomolinos, Madrid

Medical centers specializing in surgery and medical-aesthetic treatments

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Famed Coslada

Country	City
Spain	Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

**Related internship programs:**

- Advanced Integrative Medicine and Health
- Aesthetic Medicine



Medicine.

### Clínica Integria

Country	City
Spain	Granada

Address: Calle Torre de Comares, 2, 18007 Granada

INTÉGRIA, clinic with more than 20 years of experience of experience in Aesthetic Medicine, General Medicine, Capillary Surgery and Aesthetic Surgery.

**Related internship programs:**

- Clinical Analysis
- Aesthetic Plastic Surgery







Medicine.

### Adara Clínicas

Country	City
Spain	Valladolid

Address: C. José María Lacort, 3, 47002 Valladolid

Aesthetic Medical Clinic specialized in Plastic Surgery and with a Feminization Unit.

**Related internship programs:**

- Aesthetic Nursing
- Advanced Aesthetic Medicine



Medicine.

### Clínica Hospido

Country	City
Spain	Asturias

Address: C. Aguado, 8, bajo izda. 33202 Gijón, Asturias

Clínica de tratamientos médico-estéticos, mínimamente invasivos e indoloros, con la última tecnología y las técnicas más vanguardistas

**Related internship programs:**

- Aesthetic Medicine



Medicine.

### Novaderm

Country	City
Spain	Albacete

Address: C. Albarderos, 2, 02004 Albacete

Novaderm is a clinic of Aesthetic Medicine since 2018 with almost 20 years of experience in Medicine.

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine.

### Dorsia Fuengirola

Country	City
Spain	Malaga

Address: Avenida Condes de San Isidro, 96 - 29640 Fuengirola (Málaga)

Dorsia Clinics are specialized in medicine and cosmetic surgery

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine





Medicine.

### Dorsia Palma Aragón

Country	City
Spain	Baleares

Address: C/ d'Aragó, 39, 07005 Palma, Illes Balears

Clinics Dorsia Palma de Mallorca Avenida Aragon

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Mediben

Country	City
Spain	Baleares

Address: c/ Federico García Lorca 2, 1ºB, 07014 Palma

Mediben offers treatments in Aesthetic Medicine, Aesthetic Surgery, Nutrition, Regenerative and Capillary Medicine.

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Leben & Körper

Country	City
Spain	Barcelona

Address: C/ de Roger de Llúria, 5, 2º-1ª, 08010 Barcelona

Leben & Körper is a clinic for aesthetic treatments and aesthetic medicine in Barcelona

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Medicine



Medicine.

### BeClinic

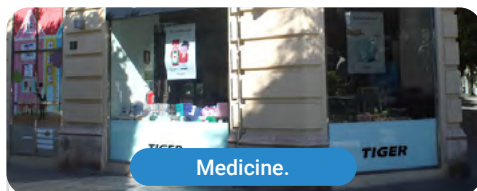
Country	City
Spain	Madrid

Address: C. de Galileo, 93, 28003 Madrid

BeClinic is the first clinic in Madrid for regenerative, functional and aesthetic gynecological treatment.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica de San Pío

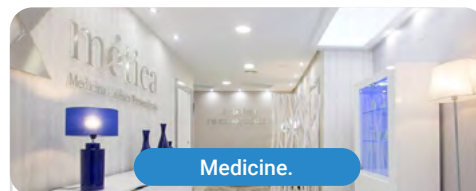
Country	City
Spain	Almería

Address: Pº de Almería, 81, Planta 1 Izquierda, 04001 Almería

Facial and Body Aesthetic Medicine Clinic and Body, Breast Surgery and Vascular Surgery

**Related internship programs:**

- Aesthetic Nursing
- Aesthetic Medicine



Medicine.

### Clínica Métrica

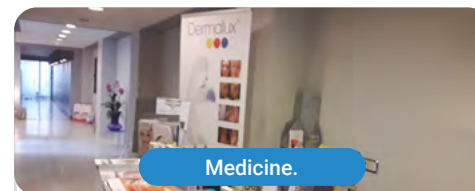
Country	City
Spain	Malaga

Address: C/ Marqués de Larios, nº 7, 2ºB, 29015 – Málaga (España)

Métrica, a center specialized in quality Aesthetic Medicine and Aesthetic Dentistry.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Fashion Body

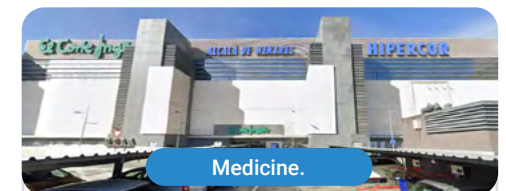
Country	City
Spain	Castellón

Address: C. de Vera, 20, 12001 Castellón de la Plana, Castellón

Fashion Body is a clinic specialized in aesthetic medicine in Castellón with more than 25 years of experience.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Aevo (Alcalá de Henares)

Country	City
Spain	Madrid

Address: Av. Juan Carlos I, 28806 Alcalá de Henares, Madrid

Its conception of Aesthetic Medicine is based on the health care, to achieve the beauty of the body.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Aevo (Ayala)

Country	City
Spain	Madrid

Address: Cl. de Ayala, 71, 28001 Madrid

Its conception of Aesthetic Medicine is based on the health care, to achieve the beauty of the body.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Aesthetic Medicine



Medicine.

### Clínica Londres Rosselló

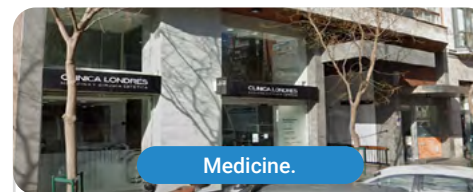
Country	City
Spain	Barcelona

Address: C/ del Rosselló, 231, 08008 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Nursing
- Antiaging



Medicine.

### Clínica Londres Lagasca

Country	City
Spain	Madrid

Address: Calle de Lagasca, 95, 28006 Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Gynecoesthetics



Medicine.

### Clínica Londres d'Entença

Country	City
Spain	Barcelona

Address: C/ d'Entença, 321, 08029 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine





Medicine.

### Clínica Londres Málaga

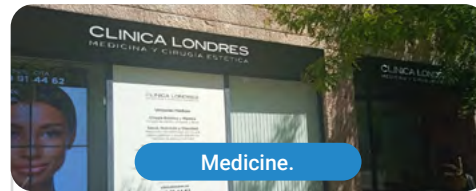
Country	City
Spain	Malaga

Address: Paseo Reding, 51, 29016 Málaga

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Diego de León

Country	City
Spain	Madrid

Address: Calle de Diego de León, 21, 28006 Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Gynecoesthetics



Medicine.

### Clínica Londres Murcia

Country	City
Spain	Murcia

Address: Av. Juan Carlos I, 21, 30008 Murcia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Nursing



Medicine.

### Clínica Londres A Coruña

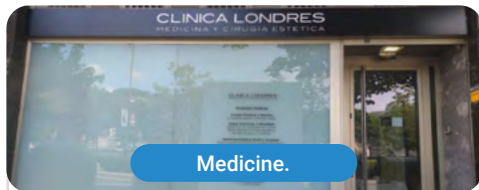
Country	City
Spain	A Coruña

Address: Avenida Finisterre, 30, 15004 A Coruña

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery



Medicine.

### Clínica Londres Bilbao-Guggenheim

Country	City
Spain	Vizcaya

Address: Mazarredo Zumarkalea, 67, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Palma de Mallorca

Country	City
Spain	Baleares

Address: C/ Barón de Pinopar 9, 07012 Palma, Baleares

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Tarragona

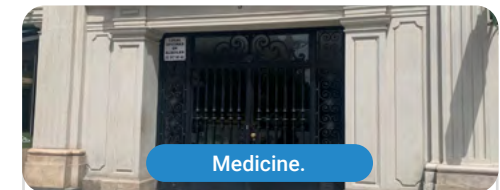
Country	City
Spain	Tarragona

Address: Calle Enric d'Ossó, 2, 43005 Tarragona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Plaza Francesc Macià

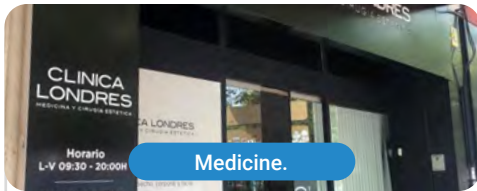
Country	City
Spain	Barcelona

Address: Plaza de Francesc Macià, 3, 1r porta 1, 08021 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Valencia

Country: Spain City: Valence

Address: Gran Vía de Ramón y Cajal, 41, 46007 Valencia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Zaragoza

Country: Spain City: Zaragoza

Address: P.º de Sagasta, 4, 2º Izquierda, 50006 Zaragoza

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine.

### Clínica Londres Sabadell

Country: Spain City: Barcelona

Address: Plaza Lluís Casassas, 6, 08202 Sabadell, Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Bilbao-Ajuriaguerra

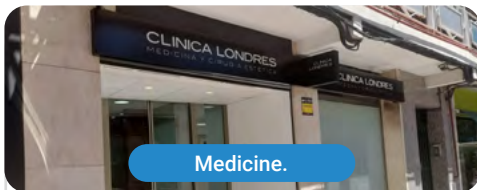
Country: Spain City: Vizcaya

Address: Calle Juan Ajuriaguerra Kalea, 21, Bajo, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Getafe

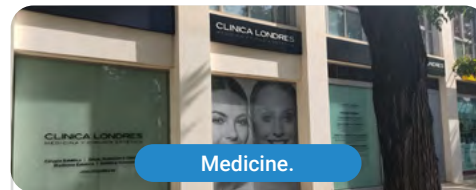
Country: Spain City: Madrid

Address: C. Jardines, 21, 28901 Getafe, Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Sevilla-Nervión

Country: Spain City: Seville

Address: Av. Eduardo Dato, 29, 41018 Sevilla

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Sevilla-Los Remedios

Country: Spain City: Seville

Address: Av. Pdte. Adolfo Suárez, 20, Local Bajo, 41011 Sevilla

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine.

### Clínica Londres Ciudad Real

Country: Spain City: Ciudad Real.

Address: C. Prado, 6, 13001 Ciudad Real

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Advanced Aesthetic Medicine
- Antiaging





Medicine.

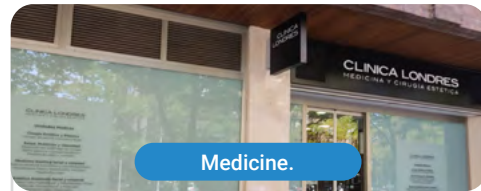
### Clínica Londres San Bernardo

Country	City
Spain	Madrid

Address: C. de San Bernardo,  
113, 28015 Madrid

Specialists in Aesthetic Medicine  
and Plastic-Reparative Surgery

**Related internship programs:**  
-Advanced Aesthetic Medicine  
-Antiaging



Medicine.

### Clínica Londres Pamplona

Country	City
Spain	Navarra

Address: C. de Iñigo Arista, 7, 31007  
Pamplona, Navarra

Specialists in Aesthetic Medicine  
and Plastic-Reparative Surgery

**Related internship programs:**  
-Advanced Aesthetic Medicine  
-Antiaging



Medicine.

### Clínica Estética Maestre

Country	City
Spain	Santa Cruz de Tenerife

Address: C. de Valois, 43, Local 1, 38400  
Puerto de la Cruz, Santa Cruz de Tenerife

The sublime experience of looking and feeling good

**Related internship programs:**  
- Aesthetic Medicine  
-Advanced Aesthetic Medicine



Medicine.

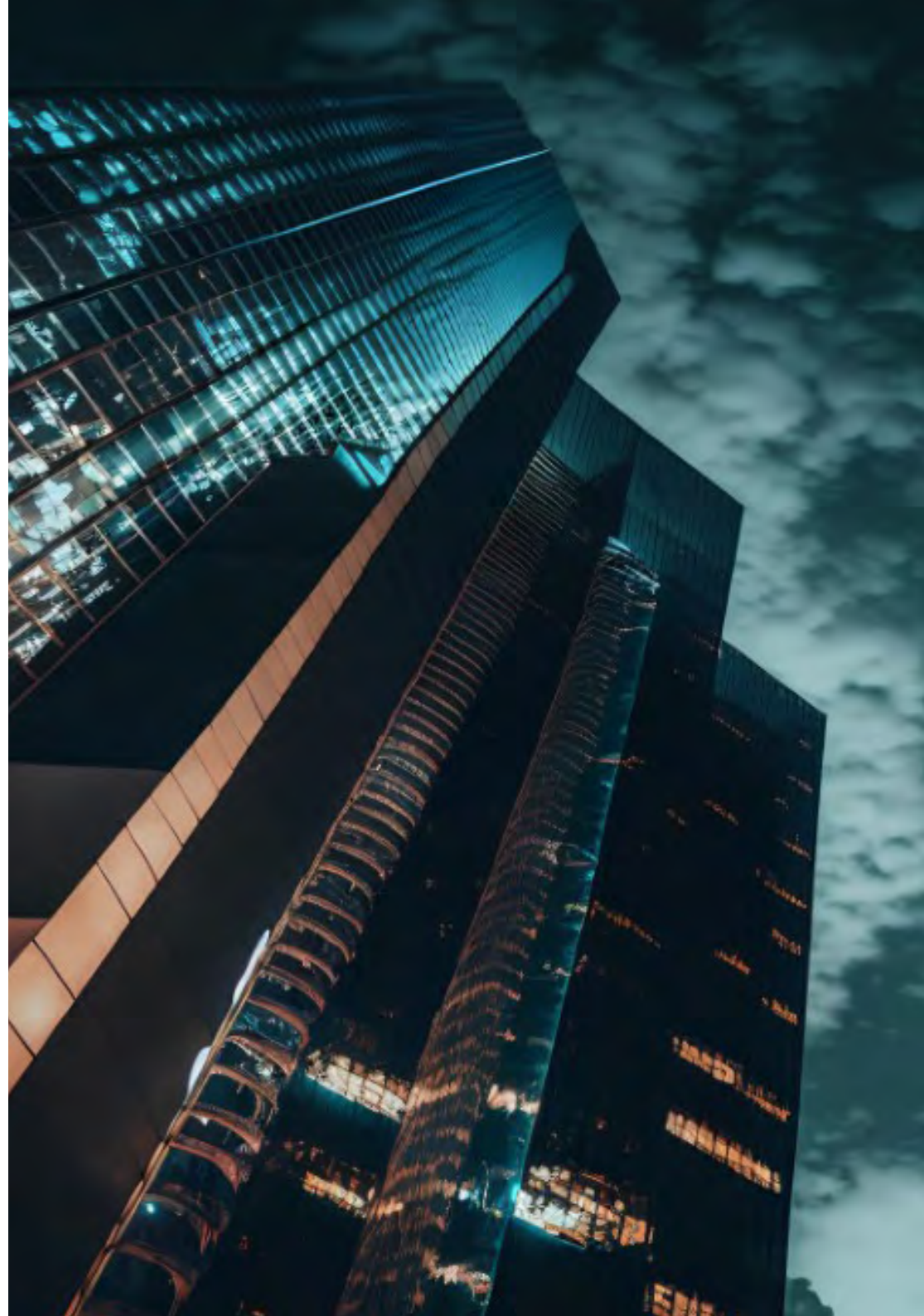
### Sebell Clinic

Country	City
Spain	Barcelona

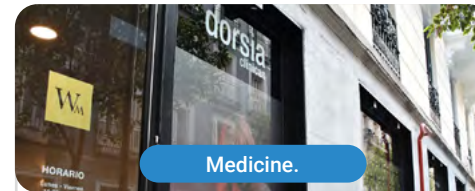
Address: C/ del Consell de Cent,  
325, 08007 Barcelona

Sebell Clinic are Experts in Aesthetic Medicine and Facial  
Surgery in Barcelona

**Related internship programs:**  
- Aesthetic Medicine  
-Advanced Aesthetic Medicine







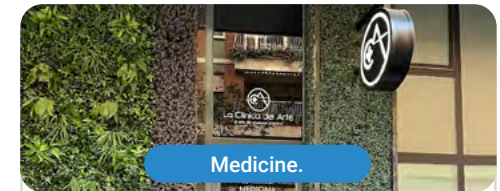
### Dorsia Chueca

Country: Spain  
City: Madrid

Address: C. de Serrano Anguita, 12, 28004, Madrid

The Dorsia Chueca clinic has the best team of specialists in the industry.

- Related internship programs:**
- Aesthetic Plastic Surgery
  - Aesthetic Medicine



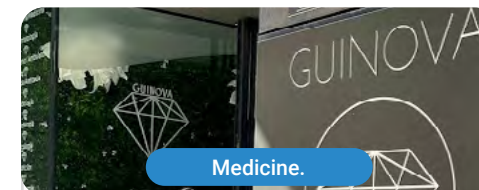
### La Clínica del Arte

Country: Spain  
City: Madrid

Address: C. del Maestro Ángel Llorca, 6, 28003 Madrid

The Art Clinic is formed by a multidisciplinary by a multidisciplinary team of women

- Related internship programs:**
- Antiaging
  - Aesthetic Medicine



### Clínica Guinova

Country: Spain  
City: Alicante

Address: C/ Almòrida, 8, 03203 Elx, Alicante

Integral Health and Beauty Clinic

- Related internship programs:**
- Aesthetic Medicine
  - Advanced Aesthetic Medicine

09

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







“

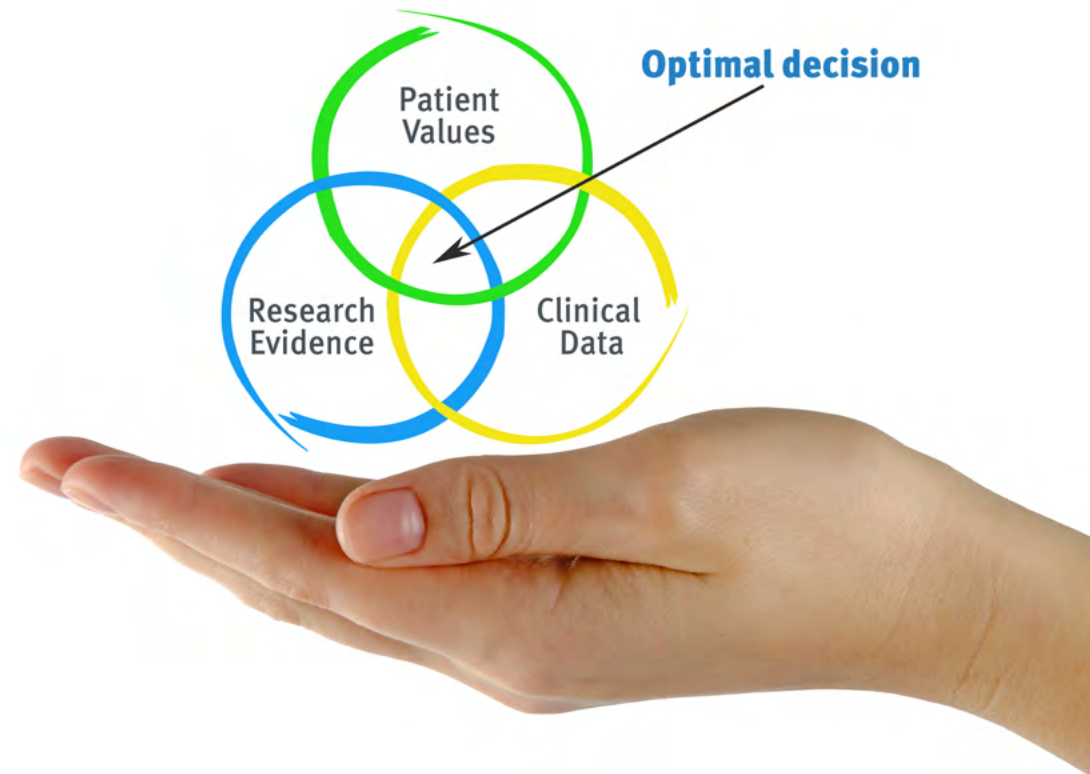
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.





# 10 Certificate

This Hybrid Professional Master's Degree in Advanced Aesthetic Medicine guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This **Hybrid Professional Master's Degree in Advanced Aesthetic Medicine** contains the most complete and up-to-date program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree diploma issued by TECH Technological University via tracked delivery\*.

In addition to the diploma, students will be able to obtain an academic transcript, as well as a certificate outlining the contents of the program. In order to do so, students should contact their academic advisor, who will provide them with all the necessary information.

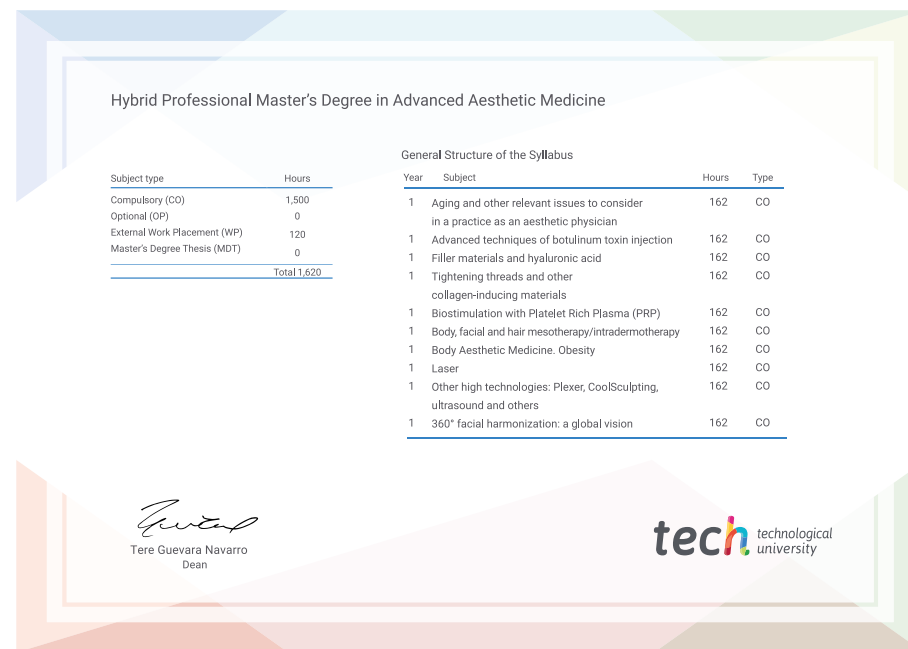
Title: **Hybrid Professional Master's Degree in Advanced Aesthetic Medicine**

Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development language

virtual classroom

**tech** technological  
university

Hybrid Professional Master's  
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# Hybrid Professional Master's Degree

## Advanced Aesthetic Medicine