

# Postgraduate Certificate

## Natural Cosmetics, Aromacosmetics and Nutricosmetics





## Postgraduate Certificate Natural Cosmetics, Aromacosmetics and Nutricosmetics

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/natural-cosmetics-aromacosmetics-nutricosmetics](http://www.techtute.com/us/medicine/postgraduate-certificate/natural-cosmetics-aromacosmetics-nutricosmetics)

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# 01

# Introduction

Being the most exposed organ to the different situations that may arise, such as high temperatures, climate change and pollution, the skin is a cause of concern for large sectors of the population. In recent years, there has been a progressive trend towards the standardized use of Natural Cosmetics products and even Nutricosmetics or Aromacosmetics to alleviate skin disorders. For this reason, the medical professional must be up to date with the latest updates in the field, allowing him to know, in this case, the new cosmetics and methods of their use in order to incorporate them into his own daily praxis. This situation justifies the creation of this program, which explores hair, facial and body cosmetics in a 100% online format, providing the medical professional with the latest updates in the sector.



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*Update your knowledge in the field of Natural Cosmetics, Aromacosmetics and Nutricosmetics to provide solutions to different skin conditions and problems"*

Being more than simply a cosmetic procedure, skin care has become a very important medical consultation, mainly due to the different pathologies and conditions that develop with high sun exposure, allergies or counterproductive effects on hormones. For this reason, medical professionals must constantly update their knowledge in order to identify the latest advances, procedures and medications to help combat these disorders.

The use of cosmetics for these specific cases of skin conditions or dermatological problems offers a significant improvement, so knowing each of its components in raw and aromatic material will help in the different treatments. Identifying cosmetics and knowing how they work is a necessary requirement for all medical personnel, since Medicine is constantly changing and updating, and this field of knowledge, this is no less the case.

Therefore, and under this premise, the present program is created, a Postgraduate Certificate with a 100% online format, without pre-established schedules or transfers to presencial places, allowing the doctor to accommodate in his so demanding schedule the development of the program. In addition, professionals will be able to download the content of the program and review it as many times as they want, needing only a mobile device with internet connection. In this way, TECH allows the specialists to deepen in a personalized way in the different aspects of the program, adapting to the academic requirements of each one. Therefore, it becomes a unique opportunity to update knowledge in Natural Cosmetics, Aromacosmetics and Nutricosmetics.

This **Postgraduate Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Cosmetic Science and Technology
- ♦ The graphic, schematic and practical contents with which it is conceived bring together scientific and practical information on those disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Emphasis on innovative methodologies
- ♦ 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



*A program full of up-to-date information for the benefit of dermatology that will help you gain a deeper understanding of cosmetic actives for specific alterations"*

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*This program will provide you with the most updated information in the cosmetic sector, with an academic extension around natural cosmetics and treatments for acne and hyperpigmentation”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will be able to download all the content of the program through the virtual campus, without time restrictions and from any mobile device with internet connection.*

*A program that will allow you to perfect your professional skills on cosmetic products for the benefit of the foot.*



# 02 Objectives

The main objective of this Diploma is to provide medical professionals with the latest updates in the field of Natural Cosmetics, as well as Aromacosmetics and Nutricosmetics. With a wide range of topics, the professional will be able to investigate different postulates that will help him to improve his medical procedures regarding skin care. In this way, you will be able to know about new updates and apply them in your medical formulation process for the different skin treatments and dermatological alterations that may arise, having at your disposal a wide range of products.





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*TECH's goal is to provide you with the latest updates on the dermatological sector in a degree adapted to your most demanding professional needs"*



## General Objectives

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- ♦ Analyze how skin cleansing, treatment and moisturizing are key points in the care and prevention of skin aging
- ♦ Understand the action mechanisms in the most suitable cosmetic ingredients to prepare cosmetic formulations for different skin alterations
- ♦ Determine the active ingredients and cosmetic forms for care and treatment of bodily alterations, in accordance with the latest novelties of the market
- ♦ Substantiate the active ingredients and cosmetic forms for the care of the hair and scalp



*Among the most frequent consultations are those related to acne, atopy and rosacea. That is why, in this program, you will find the most up-to-date information on cosmetic treatments around them"*





## Specific Objectives

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- ♦ Analyze cosmetic forms and applications
- ♦ Evaluate the ingredients in skin hygiene
- ♦ Identify the importance of skin hydration, relevant factors and how to treat dehydration
- ♦ Determine action mechanisms in cosmetic ingredients used in skin disorder care and treatment
- ♦ Develop active ingredients and cosmetic forms in aging prevention and treatment products
- ♦ Establish action mechanisms in body treatment ingredients
- ♦ Compile market novelties in cosmetic ingredients
- ♦ Evaluate action mechanisms in active ingredients used in male skin care
- ♦ Generate specialized knowledge on the different aspects involved in hair care

# 03

## Course Management

The teaching staff of this Diploma in Natural Cosmetics, Aromacosmetics and Nutricosmetics has been selected by TECH under a rigorous and selective process. These are professional experts in the field. Highly qualified professors who belong or have belonged to major scientific institutions. In this way, the physician will update his knowledge based on his extensive professional experience, being able to apply it to his different cases and diagnoses in particular that require the use of cosmetic products.



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*Here you will find the best medical professionals, ready to provide you the latest updates in the field of Natural Cosmetics"*

## Management



### Dr. Mourelle Mosqueira, María Lourdes

- ◆ Expert researcher in Cosmetic Science
- ◆ Technical Director at Balcare
- ◆ Researcher of the FA2 group of the Applied Physics Department of the University of Vigo
- ◆ Author of publications on Cosmetic Science
- ◆ Lecturer in undergraduate and graduate programs related to Cosmetic Science
- ◆ President of the Iberoamerican Society of Thalassotherapy
- ◆ Secretary of the Galician Society of Thermal Peloids
- ◆ PhD in Applied Physics, University of Vigo
- ◆ Degree in Pharmacy, University of Santiago de Compostela
- ◆ Diploma in Nutrition and Dietetics, University of Granada

## Professors

### Ms. González Berdugo, Antonia María

- ◆ Cosmetics Technical Manager at Best Medical Diet
- ◆ Head of Cosmetic R&D&I at Best Medical Diet
- ◆ R&D Laboratory Technician at The Colomer Group
- ◆ R&D Laboratory Technician at Biomedal
- ◆ Master's Degree in Biotechnology, Pablo de Olavide University
- ◆ Professional Master's Degree in Cosmetics and Dermopharmacy from the Center for Higher Studies of the Pharmaceutical Industry



# 04

## Structure and Content

The content of this program has been designed and specifically selected by a team of experts who know the latest updates in the dermatological sector. It is a Postgraduate Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics full of informative, pedagogical and multidisciplinary content, where in addition to delving into the latest updates and postulates, it will provide the necessary tools for the employability of natural cosmetics for the benefit of dermatology.





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*You will be able to Access all the campus virtual content and download from any mobile device with internet access”*

## Module 1. Cosmetic Forms and Formulation Criteria I. Face and Body Cosmetics

- 1.1. Cosmetic Forms
  - 1.1.1. Cosmetic Forms. Chemical Basis
  - 1.1.2. Cosmetic Forms Classification
  - 1.1.3. Cosmetic Forms
    - 1.1.3.1. Features
    - 1.1.3.2. Components
    - 1.1.3.3. Applications
- 1.2. Facial Hygiene Cosmetics
  - 1.2.1. Facial Hygiene and Detoxification
  - 1.2.2. Facial Hygiene Cosmetics: Gels, Scrubs, Emulsions, Foams, Micellar Waters, Toners, Oils, etc
  - 1.2.3. Cosmetic Ingredients Used in Facial Hygiene
- 1.3. Facial Maintenance and Moisturizing Cosmetics
  - 1.3.1. Moisturizing and Skin Care
  - 1.3.2. Factors Leading to Skin Dehydration
  - 1.3.3. Cosmetic Textures according to Facial Application and Skin Type
  - 1.3.4. Novel Active Ingredients with Moisturizing Efficacy
- 1.4. Cosmetics for the Treatment of Facial Skin Alterations I. Acne, Atopy and Rosacea
  - 1.4.1. Cosmetics for Dermatological Alterations: Acne, Hyperseborrhea and Oily Skin
    - 1.4.1.1. Acne
    - 1.4.1.2. Hyperseborrhea
    - 1.4.1.3. Oily Skin
  - 1.4.2. Cosmetics for Dermatological Alterations: Atopic Skin and Atopic Dermatitis
    - 1.4.2.1. Atopic Skin
    - 1.4.2.2. Atopic Dermatitis
  - 1.4.3. Cosmetics for Dermatological Alterations: Couperosis and Rosacea
    - 1.4.3.1. Couperosis
    - 1.4.3.2. Rosacea
- 1.5. Cosmetics for the Treatment of Facial Skin Alterations II. Hyperpigmentation
  - 1.5.1. Cosmetics for Dermatological Alterations
    - 1.5.1.1. Hyperpigmentation
    - 1.5.1.2. Skin Blemishes: Vitiligo
    - 1.5.1.3. Melasma
  - 1.5.2. Cosmetic Active Ingredients for Specific Alterations
  - 1.5.3. New Market Products for the Treatment of Skin Alterations
- 1.6. Anti-Aging Cosmetics
  - 1.6.1. Factors that Cause Skin Aging
  - 1.6.2. Premature Aging Prevention
  - 1.6.3. Novel Active Ingredients to Prevent and Treat Skin Aging
- 1.7. Body Cosmetics
  - 1.7.1. Body Hygiene and Treatment: Cosmetic Forms
  - 1.7.2. Body Alterations: Causes and Treatments
    - 1.7.2.1. Cellulite-Stretch Marks-Vascularization
    - 1.7.2.2. Active Ingredients and Cosmetic Forms
  - 1.7.3. Hand and Foot Care
  - 1.7.4. Prototype Formulations
    - 1.7.4.1. Active Ingredients– Mechanism of Action
- 1.8. Male Cosmetics
  - 1.8.1. Male Skin Physiology: Differential Aspects
  - 1.8.2. Shaving Cosmetics: Follicle Alterations
  - 1.8.3. Beard Care
    - 1.8.3.1. Cosmetic Forms Proposals
    - 1.8.3.2. New Products on the Market



- 1.9. Hair Cosmetics I. Hygiene, Moisturizing and Treating Alterations
  - 1.9.1. Hair and Scalp Alterations
  - 1.9.2. Cosmetics for Hair Fiber Hygiene and Care
  - 1.9.3. Cosmetics for the Treatment of Greasy Scalp
  - 1.9.4. Cosmetics for the Treatment of Pityriasis
  - 1.9.5. Cosmetics for the Prevention and Treatment of Hair Loss
  - 1.9.6. Novel Active Ingredients for Hair Care
- 1.10. Hair Cosmetics II. Cosmetics for Changes in Color
  - 1.10.1. Undulating Cosmetics: Active Substances and Mechanisms of Action
  - 1.10.2. Types of Cosmetics for Color Changes: Bleaches and Dyes
  - 1.10.3. Vegetable Dyes and Metallic Dyes: Ingredients and Mechanisms of Action
  - 1.10.4. Permanent and Semi-Permanent Dyes
    - 1.10.4.1. Ingredients and Mechanisms of Action

“*Enroll now in this Postgraduate Certificate and start an educational experience that will undoubtedly mark a before and after in your professional Trajectories*”

05

# 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.





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*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. Gérvas, 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.

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*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.



# 06 Certificate

The Postgraduate Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 **Postgraduate Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics**

Official N° of hours: **150 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  
development language  
virtual classroom



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