

# Postgraduate Certificate

Nutricosmetic

Hair Removal





## Postgraduate Certificate

### Nutricosmetic Hair Removal

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/nutricosmetic-hair-removal](http://www.techtute.com/us/nutrition/postgraduate-certificate/nutricosmetic-hair-removal)

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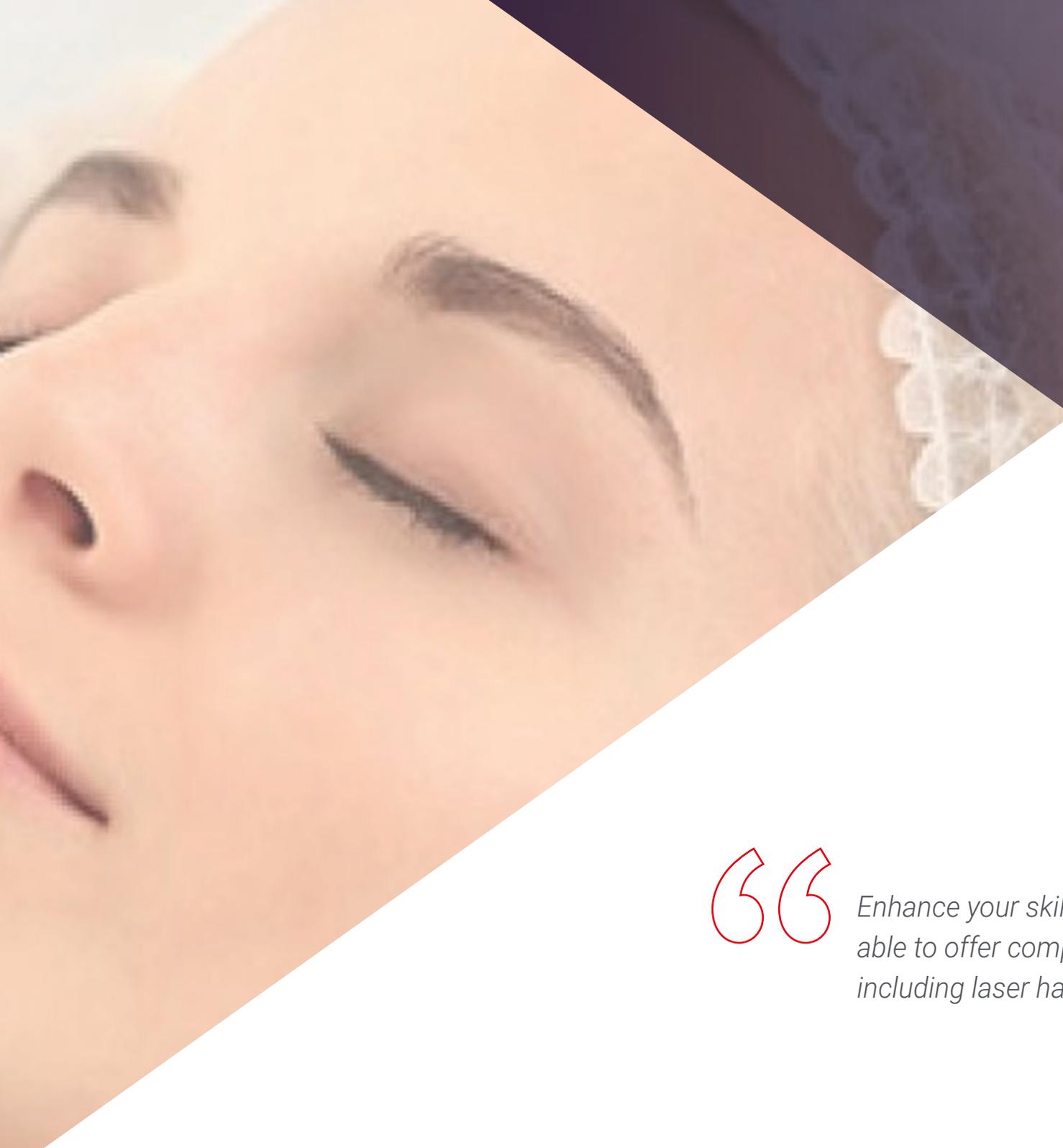
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# 01

# Introduction

Hair removal is already considered a normal habit in society. Millions of people, regardless of race, age or background, use different hair removal techniques to remove unwanted hair for aesthetic, social and hygienic reasons. If nutrition professionals who seek a well-rounded profile and wish to maintain the dermal health of their patients, they must have in-depth knowledge of hair removal. Thus, this Postgraduate Certificate provides professionals with the opportunity to update their knowledge on laser hair removal. Best of all, you can do it online and in a manner that is fully compatible with the rest of your daily commitments.





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*Enhance your skills as a nutritionist by being able to offer comprehensive skin care services including laser hair removal"*

Hair removal techniques are constantly changing. The recurring need to remove unwanted hair in various areas makes this a growth industry and means that people are constantly searching for removal techniques that are as painless and permanent as possible. Therefore, it is crucial that professionals not only gain specialist expertise in this field, but also seek continuously professional development, because only then can they offer the best service to their patients.

In addition, with the growing boom in nutricosmetics, more and more people are coming to the nutritionist's office seeking to improve the appearance of their skin through nutritional supplements or specific treatments, hair removal being one of the most commonly requested.

For all these reasons, this Postgraduate Certificate in Nutricosmetic Hair Removal focuses on providing the professional with in-depth knowledge of all the latest developments in the world of hair removal, as well as the pre- and post-care that the patient must undertake. Thus, during the program, procedures such as pulsed light hair removal, laser hair removal and the different will be covered in depth, also taking into account the legal aspects and the patient's informed consent.

This **Postgraduate Certificate in Nutricosmetic Hair Removal** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- Practical cases presented by experts in Nutricosmetics and Hair Removal
- Graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice.
- Practical exercises where self-assessment can be carried out to improve learning
- A special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- Content that is accessible from any fixed or portable device with an Internet connection.



*You will learn how to perform laser and pulsed light hair removal treatments. This way you will become a much more skilled nutritionist"*

“

*Offer your patients comprehensive care: from the inside, with nutrition, and on the outside with treatments such as hair removal”*

The program’s teaching staff includes professionals from the sector who pour their professional experience into this 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 learning designed for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to resolve 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.

*People seek hair removal regardless of race, gender and age. As a result, this sector is a huge growth area.*

*Enroll on this Postgraduate Certificate and see your professional opportunities begin to multiply.*



# 02

# Objectives

To enable nutritionists to broaden their professional profile and achieve better results, TECH has designed this program in which, over 6 weeks of intensive study, the professional will learn about all the latest developments in the area of nutricosmetic hair removal. Thus, taking this program will mark a before and after in the student's career, and will propel them towards the top in their profession.





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*Studying at TECH opens the door to promising growth potential. Don't miss this great opportunity”*



## General Objectives

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- Comprehensively manage the hair removal process for patients, knowing how to apply appropriate care at each stage
- Refresh and reinforce essential dermatological knowledge for proper nutricosmetic patient care
- Get to know the general characteristics of the skin and its anatomy
- Learn the essential features of dermocosmetic hair removal

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*Laser or pulsed light hair removal?  
Which is more effective in each  
case? With this program you  
will learn how to give the best  
professional advice to your patients”*





## Specific Objectives

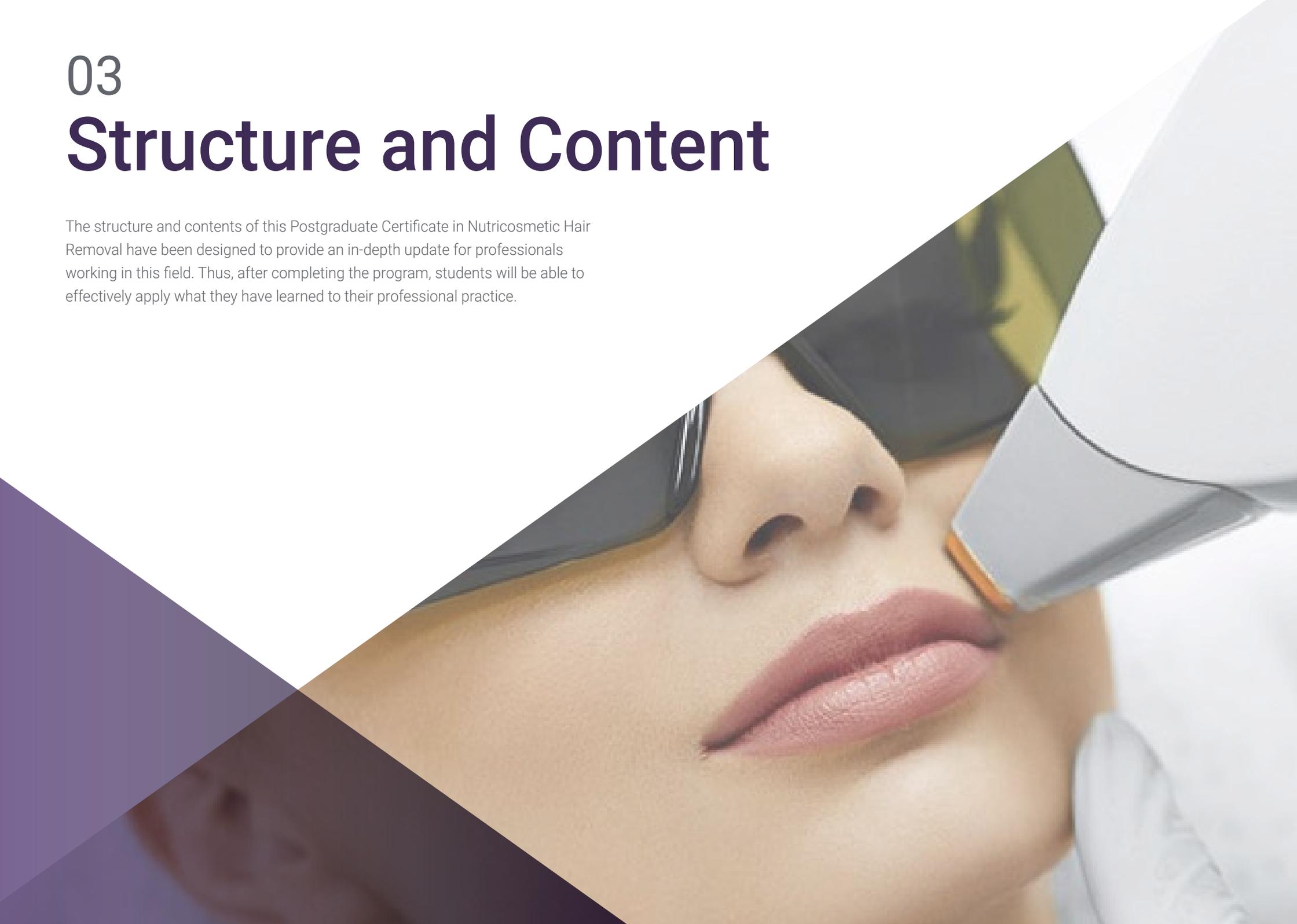
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- ♦ Explorer the features, classification and influence of laser hair removal.
- ♦ Know the features classification and influence of photodepilation with pulsed light
- ♦ Understand the objectives of laser hair removal
- ♦ Know how to program and work with laser hair removal equipment
- ♦ Effectively manage procedures and gain informed consent to perform laser hair removal
- ♦ Know about the protection measures for both professionals and clients during laser hair removal procedures

03

# Structure and Content

The structure and contents of this Postgraduate Certificate in Nutricosmetic Hair Removal have been designed to provide an in-depth update for professionals working in this field. Thus, after completing the program, students will be able to effectively apply what they have learned to their professional practice.





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*TECH offers you the tools to support your professional growth. Do not miss this great opportunity”*

## Module 1. Nutricosmetic Hair Removal

- 1.1. Laser Hair Removal and Influencing Factors
  - 1.1.1. Factors That Influence Laser Hair Removal
- 1.2. Intense Pulsed Light Hair Removal and Influencing Factors
  - 1.2.1. Factors That Influence Pulsed Light Hair Removal
- 1.3. Objectives of Laser Hair Removal and IPL
- 1.4. Procedures for Laser Hair Removal and IPL
- 1.5. First Visit
  - 1.5.1. Client Information
  - 1.5.2. Technical and Follow-Up Data
  - 1.5.3. Informed Consent
- 1.6. Technique Procedure
  - 1.6.1. Cleansing, Shaving and Disinfection
  - 1.6.2. Delimitation of the Area
  - 1.6.3. Protection
  - 1.6.4. Application of Cooling Gel
  - 1.6.5. Using Equipment
  - 1.6.6. Removal of Gel and Application of Decongestant Product
- 1.7. Risks and Side Effects
- 1.8. Precautions, Post-Laser Hair Removal Care and After-Sessions
- 1.9. Protection Measures for Professionals and Clients
  - 1.9.1. Clothing
  - 1.9.2. Recommended Postural Hygiene at Work





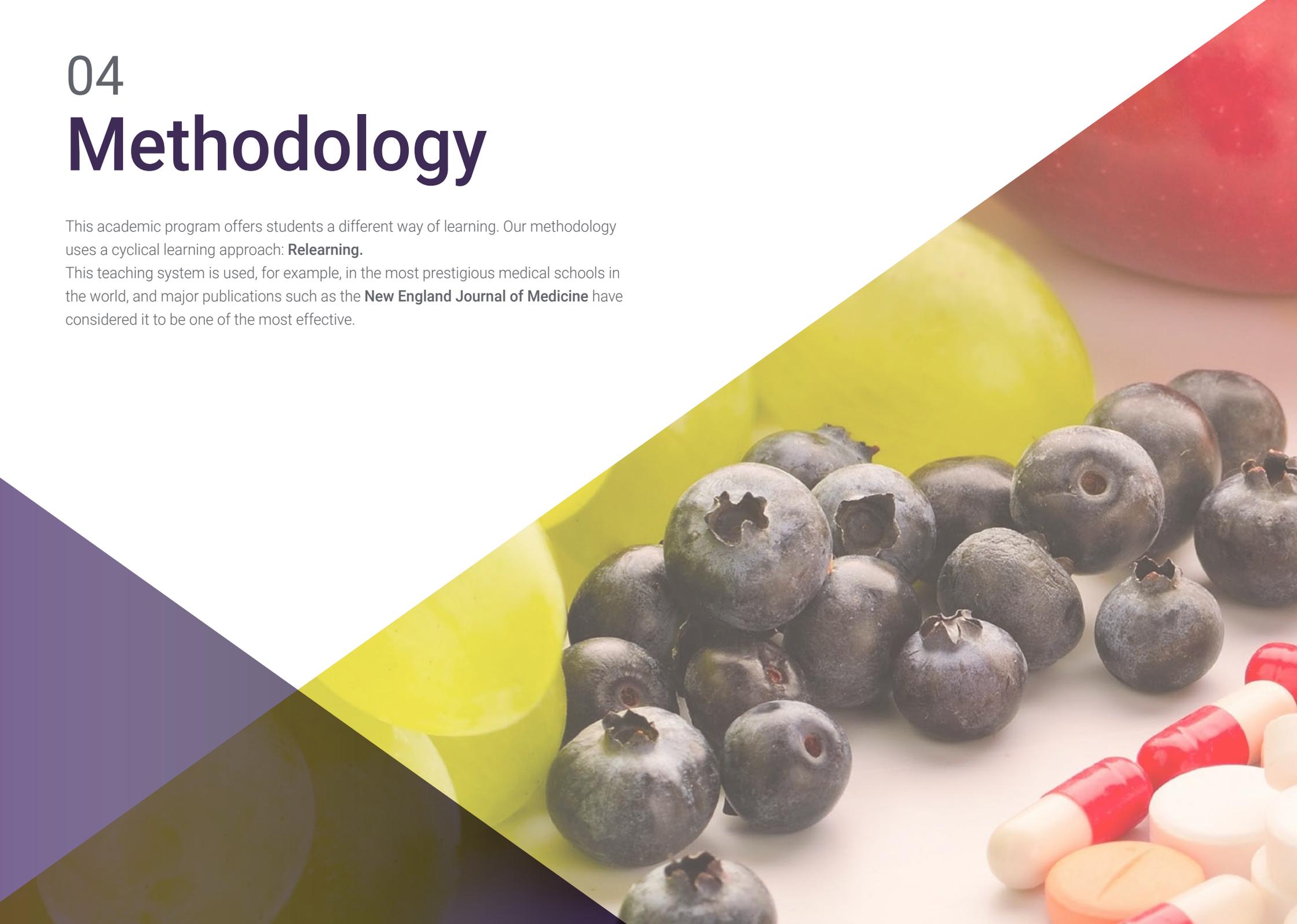
“ *Allow the best teaching team to accompany you in your professional development*”

# 04

# 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.





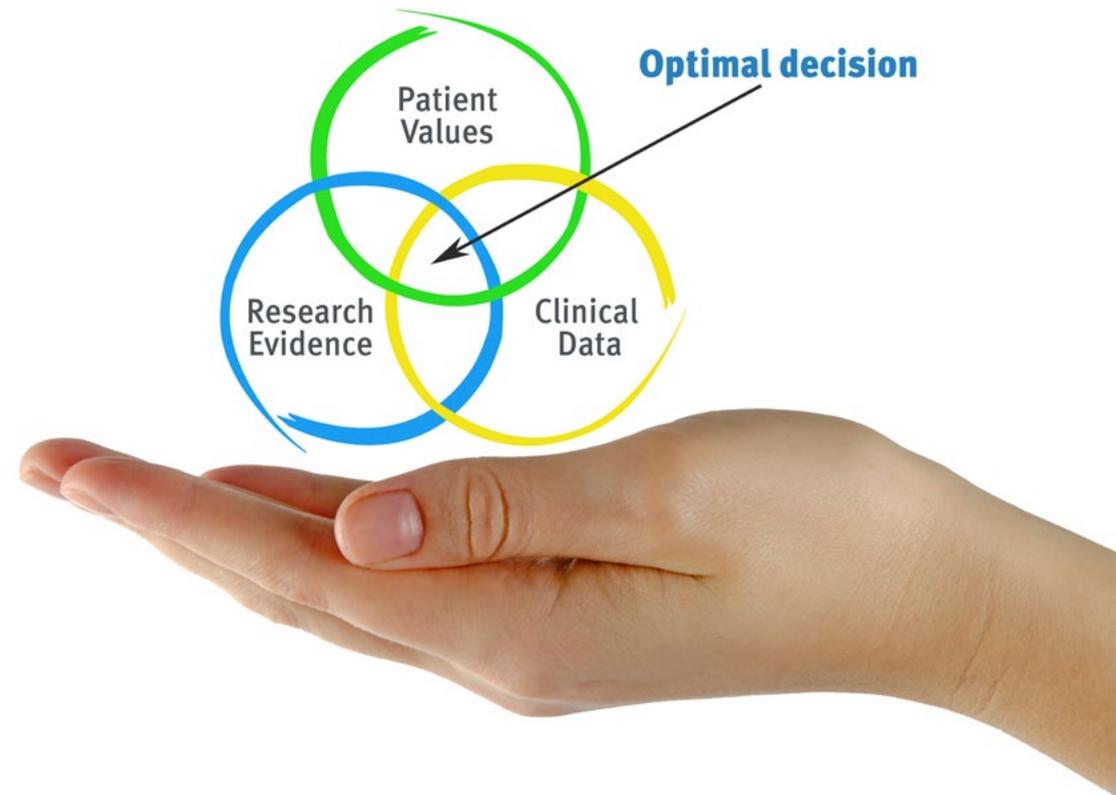
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what should a professional do? 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, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist will learn through real cases and by solving 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 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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

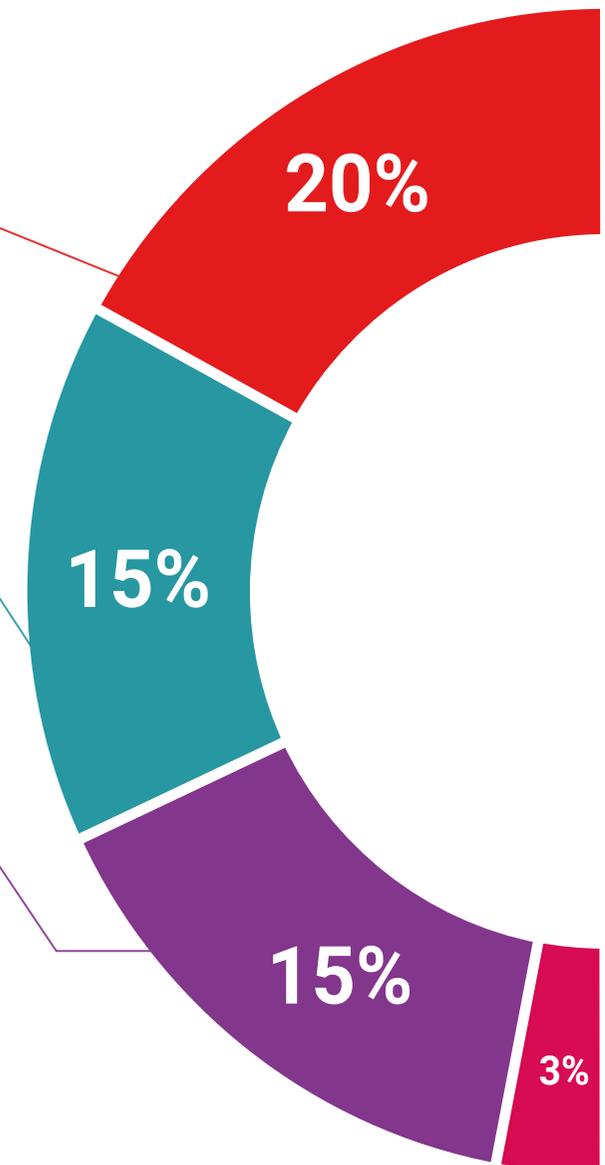
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

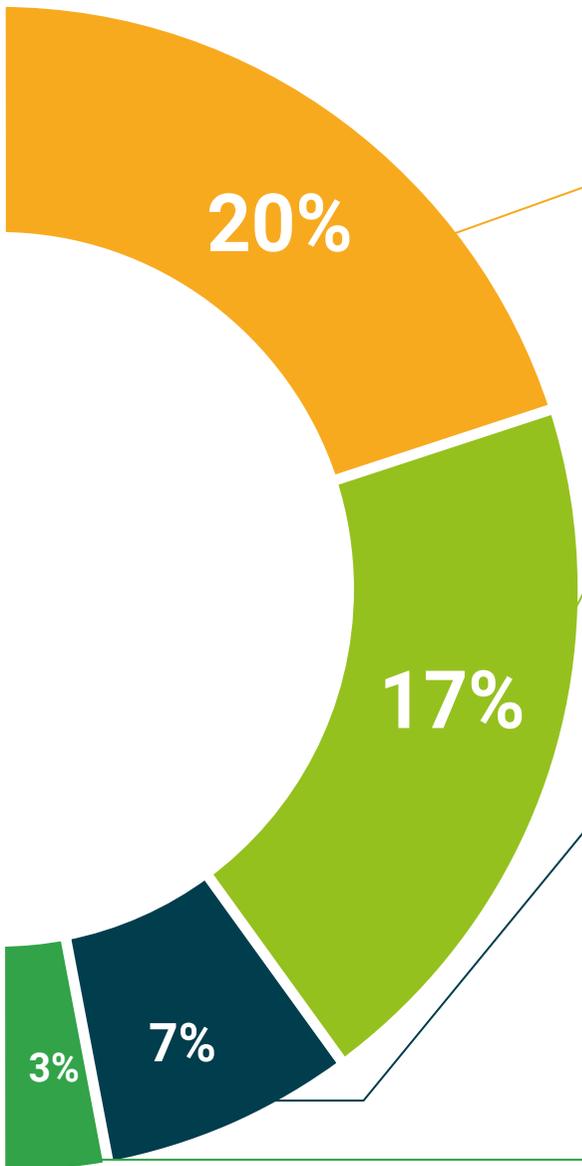
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 suggesting that observing third-party experts can be useful.

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.



05

# Certificate

The Postgraduate Certificate in Nutricosmetic Hair Removal 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 Postgraduate Certificate without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Nutricosmetic Hair Removal** 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 Nutricosmetic Hair Removal**

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

**tech** technological  
university

personalized service innovation

knowledge present

online training

development languages

virtual classroom

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