

# Postgraduate Diploma

Nutrition and Physiology of the Skin:  
Applied Aesthetic Treatments



## Postgraduate Diploma Nutrition and Physiology of the Skin: Applied Aesthetic Treatments

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-nutrition-physiology-skin-applied-aesthetic-treatments](http://www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-nutrition-physiology-skin-applied-aesthetic-treatments)

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# 01

# Introduction

Good nutrition and healthy habits have a direct impact on the condition of the skin. In addition, considering that this organ is one of the symptoms of beauty par excellence, more and more people are concerned about maintaining a hydrated, luminous and lush skin. Therefore, this program focuses on providing the nutritionists with the tools to understand the importance of eating habits on the skin, as well as the most effective aesthetic treatments in each case. Thus, upon completion of the program, the professionals will be prepared to perform their work with greater guarantees, taking the latest advances in the field to their daily practice.





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*With this Postgraduate Diploma you will become a complete professional with the ability to design diets that improve the appearance of your patients' skin and apply aesthetic treatments appropriate for each case"*

External factors such as climate, solar radiation and pollution put the appearance of the skin at risk. That is why it is so important to take care of it from the inside and, for that, nutrition plays a fundamental role. This is why more and more patients are coming to the nutritional clinic looking for dietary plans adapted to their skin problems, as well as aesthetic treatments that complement their habits and help them to obtain a healthy, luminous and beautiful skin.

However, since this is such an important part of the body, patients often demand the best preparation from the professionals who assist them. Therefore, programs such as this Postgraduate Diploma help nutrition professionals not only to update their knowledge based on the latest developments in the sector, but also to implement the best and most cutting-edge aesthetic skin care treatments in their daily practice.

In addition, this knowledge will be acquired 100% online, at a distance and with a direct certificate. Thus, nutritionists will be able to update their knowledge in a simple and fast way, making their academic activity compatible with their professional and personal work. All a luxury that is only possible by studying at TECH.

This **Postgraduate Diploma in Nutrition and Physiology of the Skin: Applied Aesthetic Treatments** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in skin physiology and nutrition
- ◆ Graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special 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



*Update your knowledge quickly and easily by studying at TECH: The World's Largest Digital University"*

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*The dermo-cosmetic area is in continuous expansion and needs highly qualified nutritionists to take on the current challenges of the profession”*

*Enroll now in this Postgraduate Diploma and start achieving your goals.*

*Thanks to the knowledge obtained with this program, you will be able to offer your patients the best and most advanced skin care treatments.*

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.

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

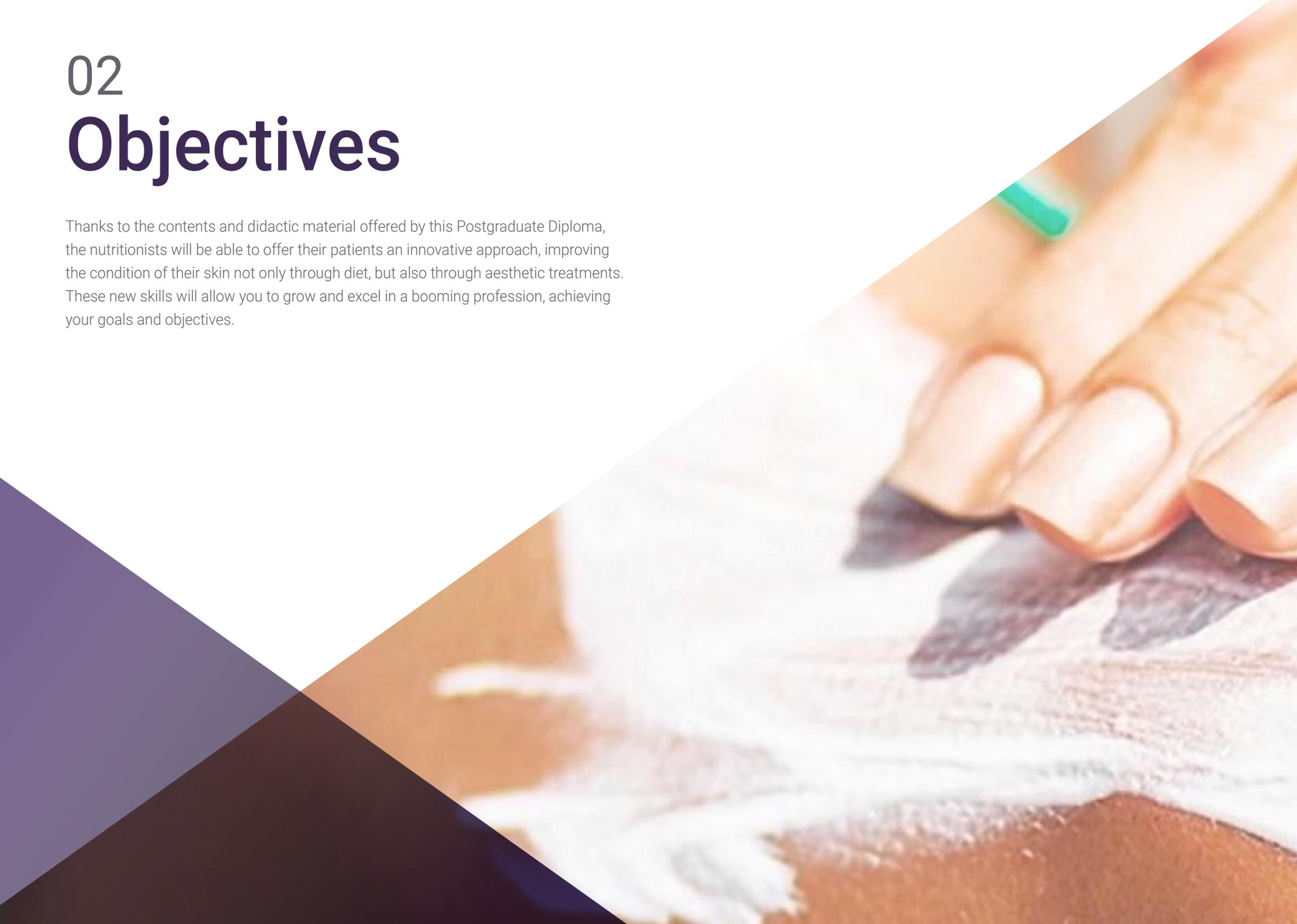
The design of this program focuses on Problem-Based Learning, by means of which the professionals must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.

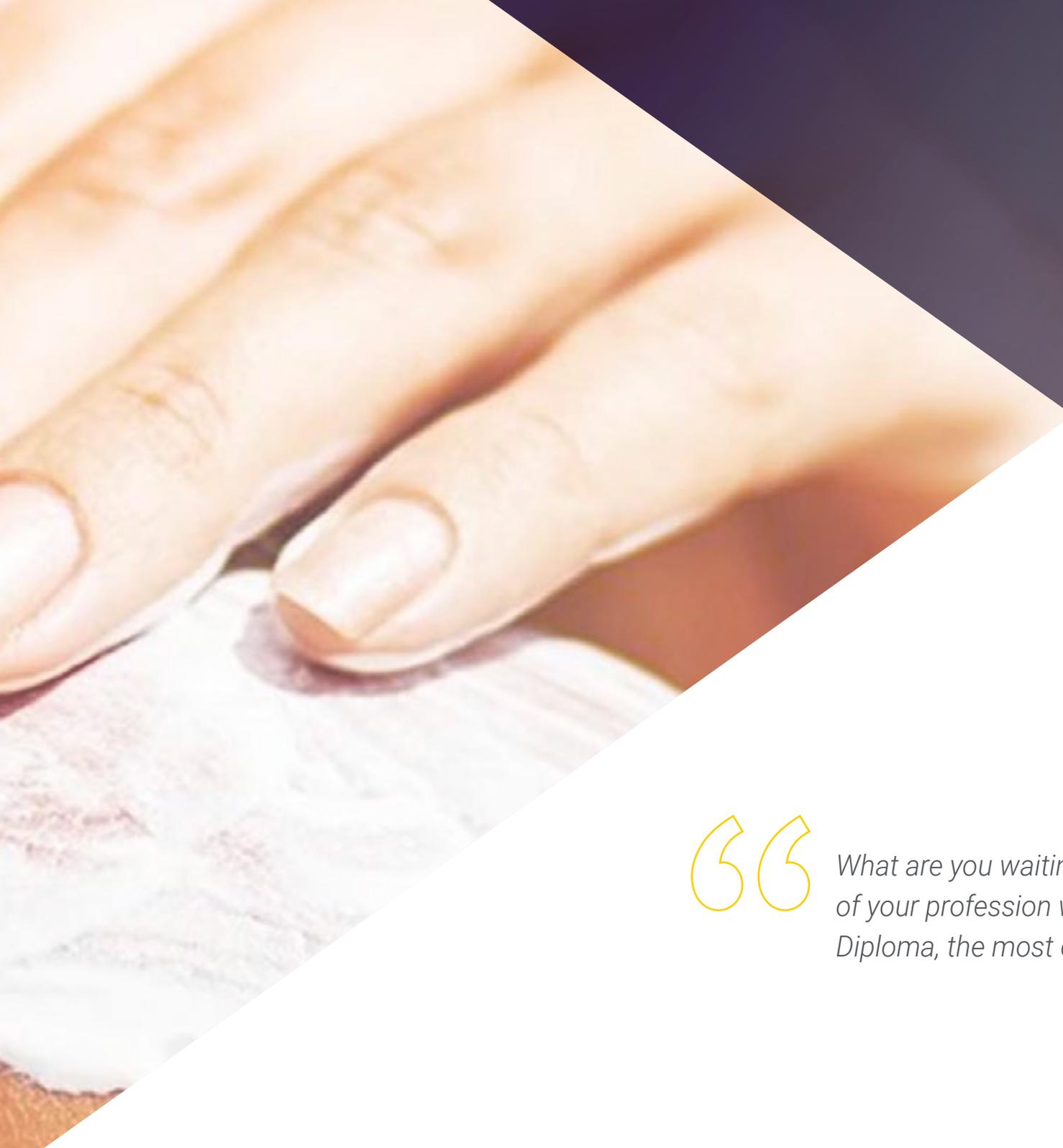


# 02

# Objectives

Thanks to the contents and didactic material offered by this Postgraduate Diploma, the nutritionists will be able to offer their patients an innovative approach, improving the condition of their skin not only through diet, but also through aesthetic treatments. These new skills will allow you to grow and excel in a booming profession, achieving your goals and objectives.



A close-up photograph of a person's hands holding a pen, poised to write on a document. The image is partially obscured by a diagonal split in the background, with a dark purple area on the top right and a white area on the bottom left.

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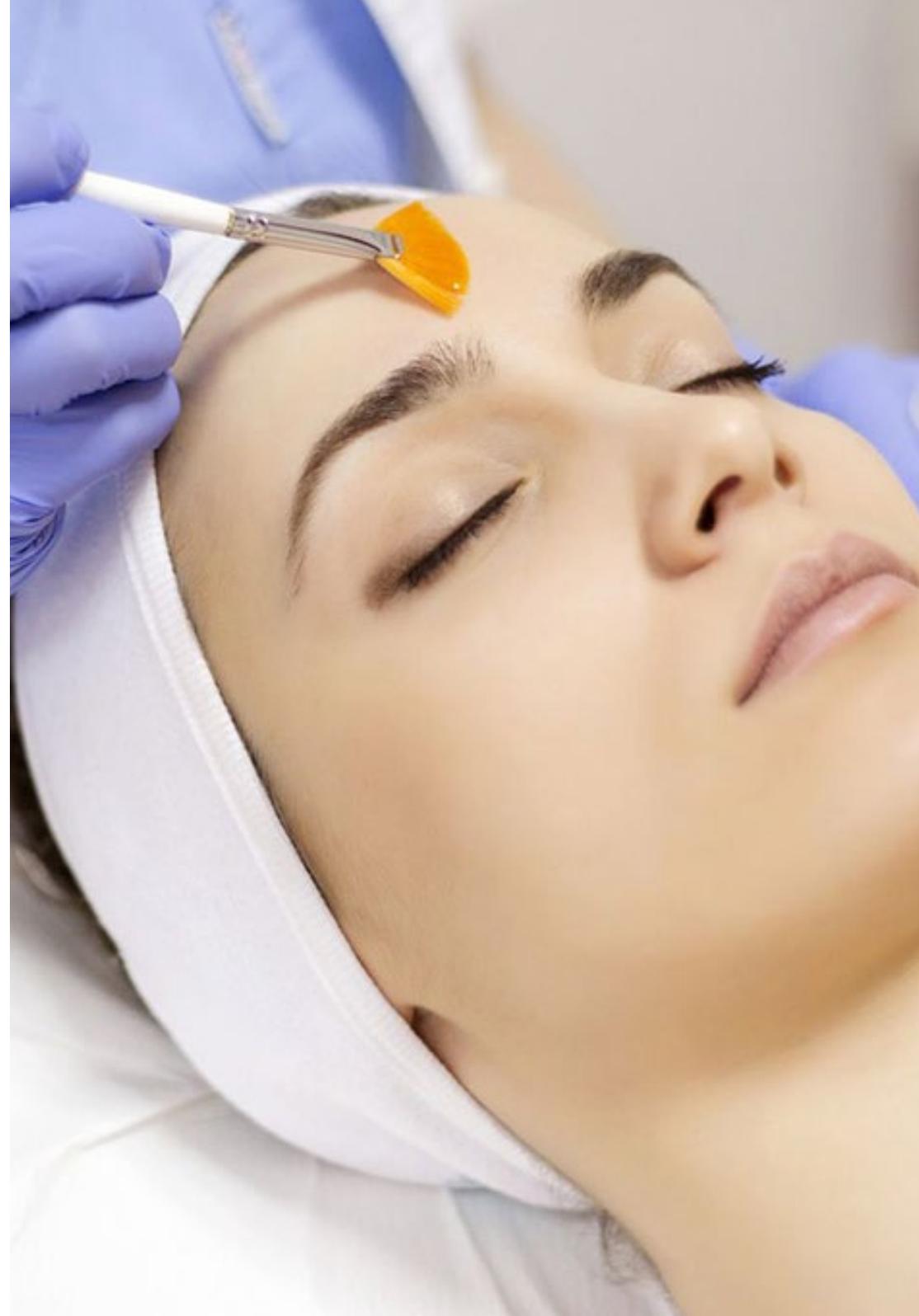
*What are you waiting for? Get to the forefront of your profession with this TECH Postgraduate Diploma, the most complete in the market"*



## General Objectives

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- Comprehensively manage the esthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- Update and reinforce the knowledge in dermatology necessary for a correct nutrition patient care
- Provide nutritionists with the necessary tools and guidelines to effectively deal with different dermatological issues
- Know the general characteristics of the skin and its anatomy
- Get to know the basic characteristics of dermocosmetic treatments for the body
- Discern between the most effective treatments in each case





## Specific Objectives

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### Module 1. Dermo-Aesthetic Nutrition

- Know the basics of dermo-aesthetic nutrition
- Know how to structure the organization of the dermo-esthetic medicine practice
- Correctly manage hygienic and sanitary protocols in the dermo-esthetic nutrition clinic
- Know how to manage sanitary waste
- Explore the legal aspects that govern health care in dermo-esthetic nutrition

### Module 2. Skin

- Know the anatomical structures of the skin
- Explore other areas related to the skin: hair, nails, sebaceous and sweat glands, etc
- Analyze the different functions of the skin
- Know which are the different skin cares according to the patient's stage of life
- In-depth knowledge of the effects of solar radiation on the skin and the different means of photoprotection
- Learn the different types of Skin
- Understanding the basics of facial hygiene
- Know the different moisturizing techniques for the skin

### Module 3. Peeling in Dermocosmetics

- Identify suitable patients for treatment, prepare the skin prior to treatment, and conduct effective monitoring and prescription of the Post-Peel treatment, depending on expected effects of each chemical agent or a combination of chemical agents
- Understand the possible adverse effects of peeling and their treatments
- Explore types of Peels and common indications
- Examine the skin for adequate pre-preparation
- Deepen in general cosmetic skin care
- Address pathologies such as acne or aging

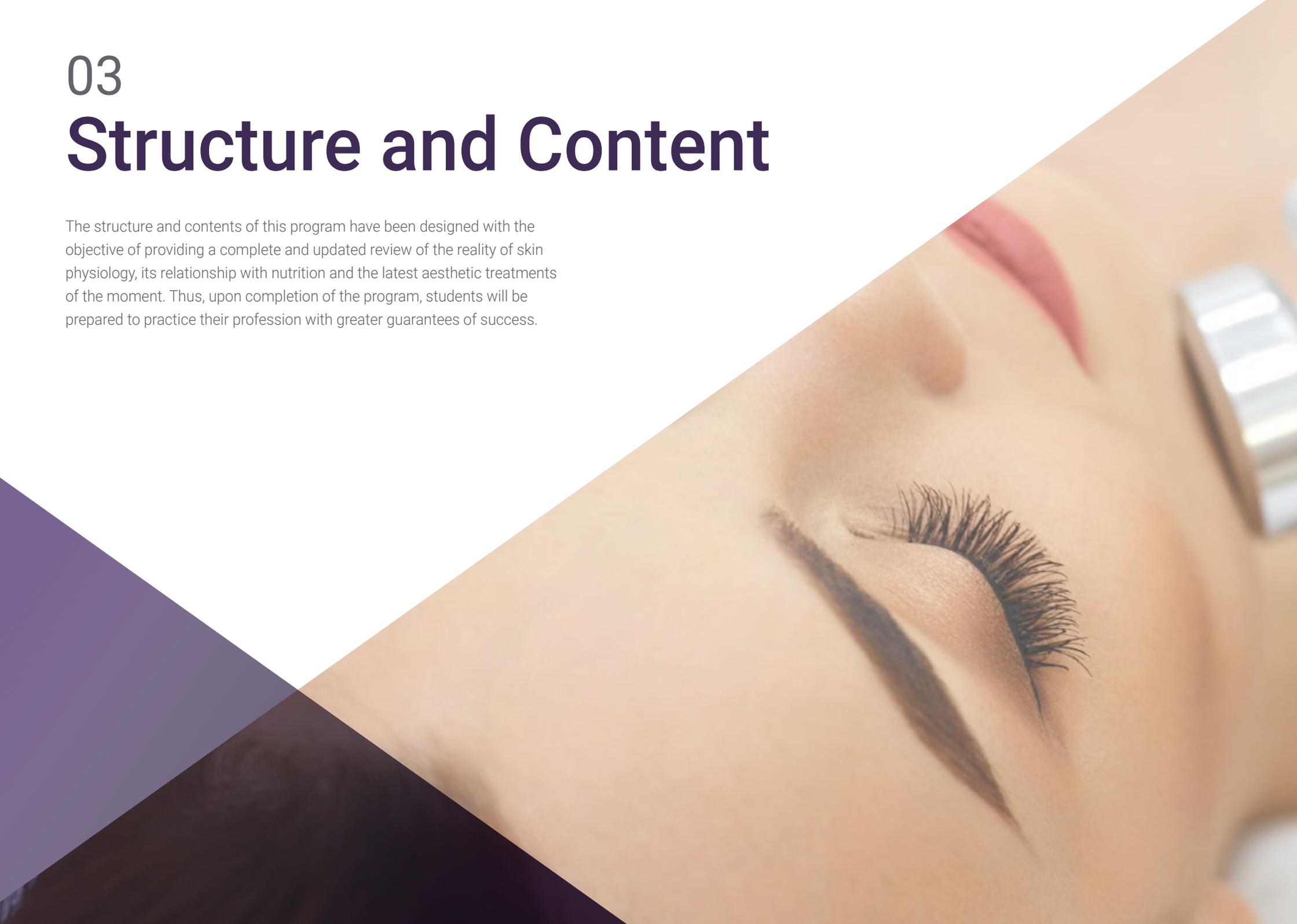


*TECH provides you with the best content and a teaching staff of excellence, you just have to put the desire to learn and reach the top"*

03

# Structure and Content

The structure and contents of this program have been designed with the objective of providing a complete and updated review of the reality of skin physiology, its relationship with nutrition and the latest aesthetic treatments of the moment. Thus, upon completion of the program, students will be prepared to practice their profession with greater guarantees of success.





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*Update your knowledge with us and start to see your professional profile grow"*

## Module 1. Dermo-Aesthetic Nutrition

- 1.1. Dermo-aesthetic nutrition: new developments in the profession
- 1.2. Hygiene in an Aesthetic Practice and Antiseptics
  - 1.2.1. Antiseptics
  - 1.2.2. Hand Hygiene
  - 1.2.3. Utensil Hygiene
  - 1.2.4. Sanitary Waste Management
- 1.3. Organization of the Aesthetic Practice
  - 1.3.1. Diary
  - 1.3.2. Technical Resources
  - 1.3.3. Personal Resources
  - 1.3.4. Material and Equipment
  - 1.3.5. Supplies
- 1.4. The ethical-legal aspect of dermo-aesthetic nutrition and patient informed consents
- 1.5. The urgency of the dermo-aesthetic nutrition practice
- 1.6. Complications in dermo-aesthetic nutrition

## Module 2. Skin

- 2.1. Skin Anatomy and Structure of the Skin
- 2.2. Skin Appendages
  - 2.2.1. Hair
  - 2.2.2. Nails
  - 2.2.3. Sebaceous Glands
  - 2.2.4. Sweat Glands
- 2.3. Skin Functions and Elementary Lesions
  - 2.3.1. Protection
  - 2.3.2. Metabolism
  - 2.3.3. Temperature Regulation
  - 2.3.4. Sensory
  - 2.3.5. Excretory
  - 2.3.6. Energy Reserve

- 2.4. Care of the Skin in the Different Stages of Life: Neonatal, Pediatrics, Adolescent, Adult, Geriatric, Pregnancy
  - 2.4.1. Neonatal
  - 2.4.2. Pediatric
  - 2.4.3. Adolescent
  - 2.4.4. Adult
  - 2.4.5. Geriatric
  - 2.4.6. Pregnancy
- 2.5. Embryology of the Skin and Skin Appendages
  - 2.5.1. Skin Development
  - 2.5.2. Hair Development
  - 2.5.3. Nail Development
  - 2.5.4. Skin Gland Development
- 2.6. Skin Types
  - 2.6.1. Density
  - 2.6.2. Skin Emulsion
  - 2.6.3. Skin Phototype
  - 2.6.4. Status
- 2.7. Skin Hygiene
- 2.8. Skin Hydration
  - 2.8.1. Manual Techniques
  - 2.8.2. Materials and Technical Methods
  - 2.8.3. Specific Cosmetics
  - 2.8.4. Equipment



### Module 3. Peeling in Dermocosmetics

- 3.1. General Aspects
- 3.2. Advance Preparation
- 3.3. Superficial Peeling
- 3.4. Medium Peeling
- 3.5. Deep Peeling
- 3.6. Post Peel Care: Adverse Effects and their Treatment
- 3.7. Introduction to Dermocosmetics
- 3.8. General Cosmetic Skin Care
- 3.9. Specific Cosmetic Care

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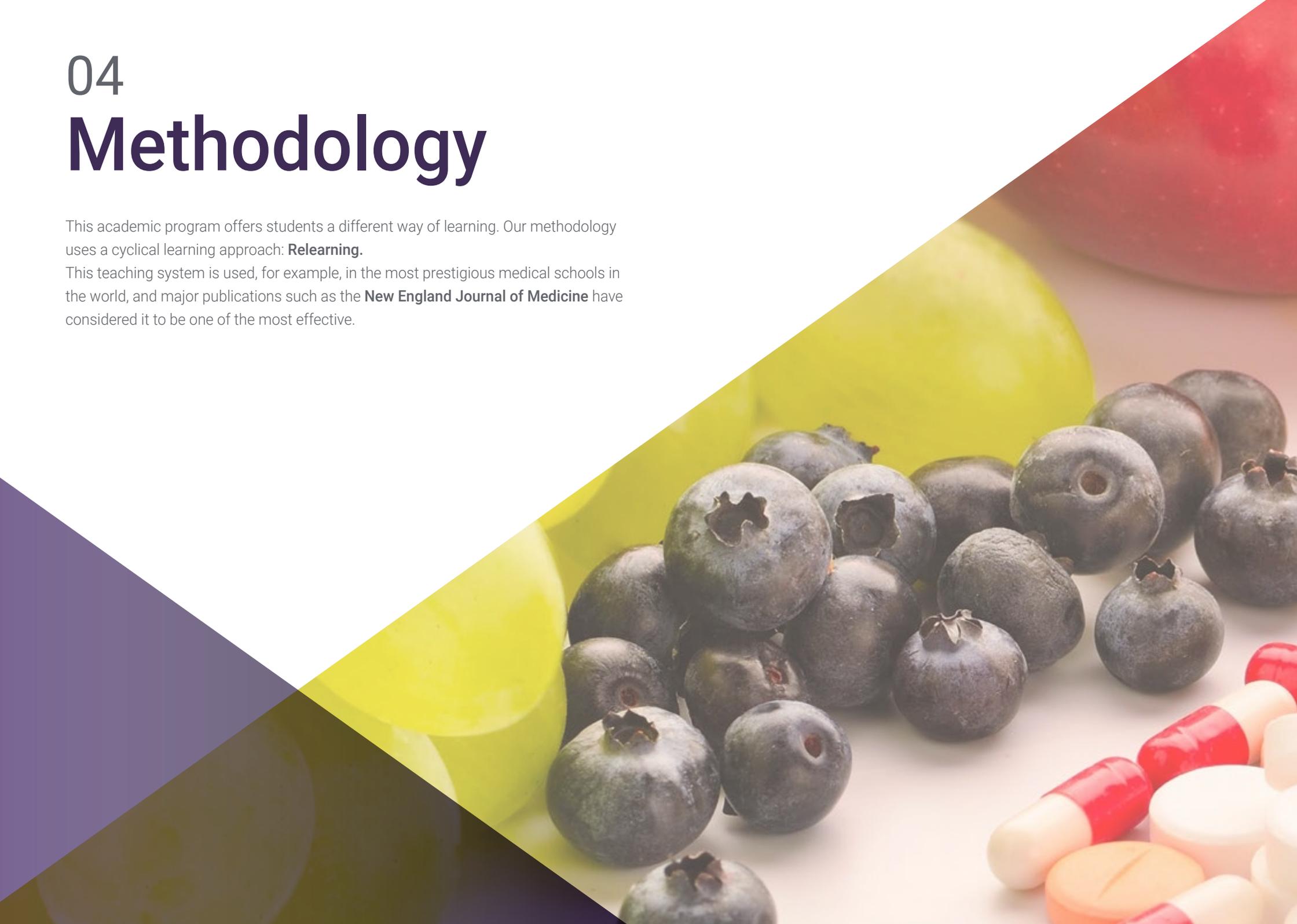
*Boost your professional development by studying at TECH”*

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.





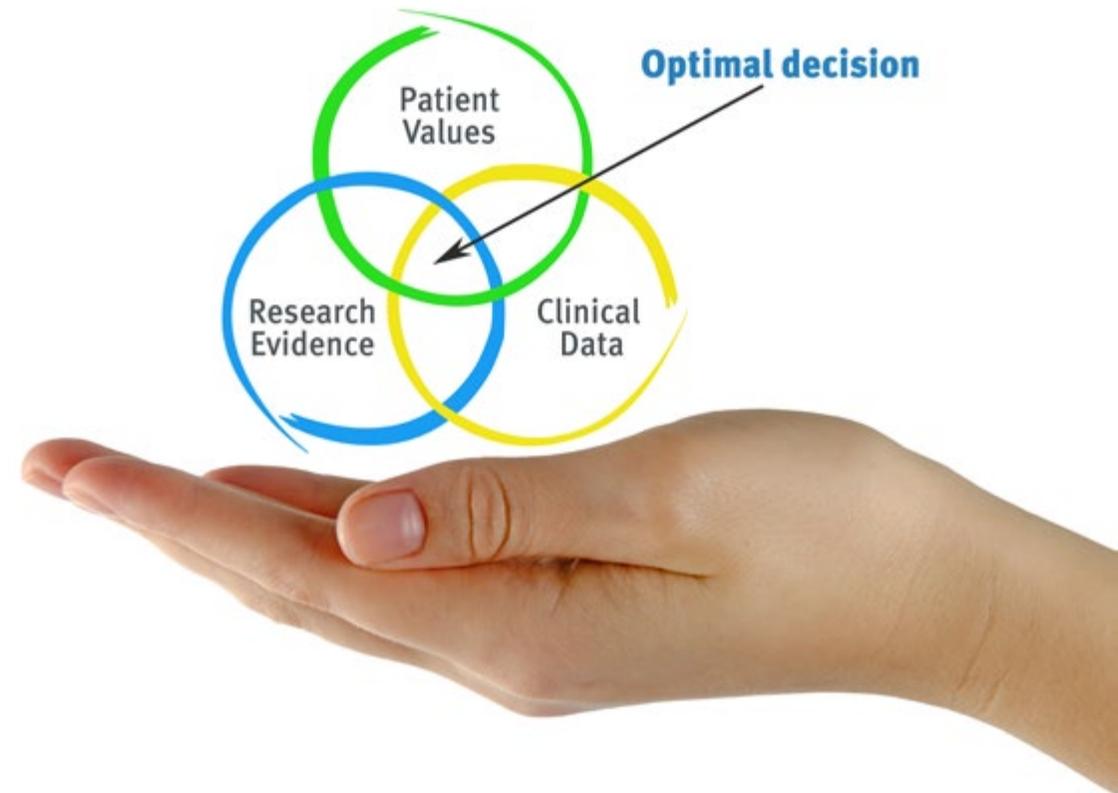
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

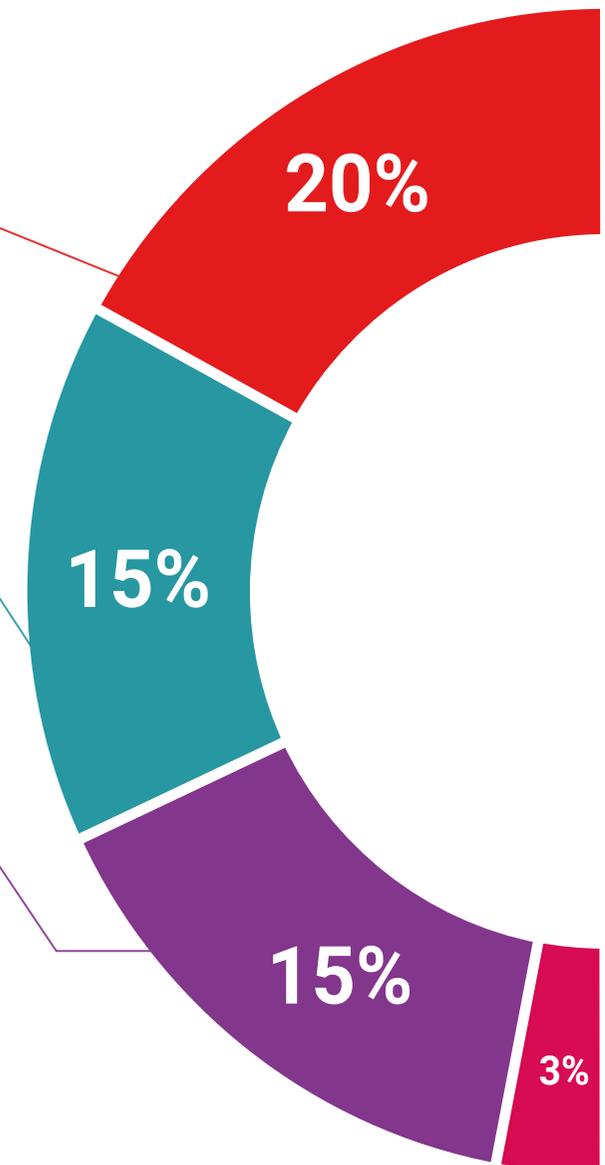
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

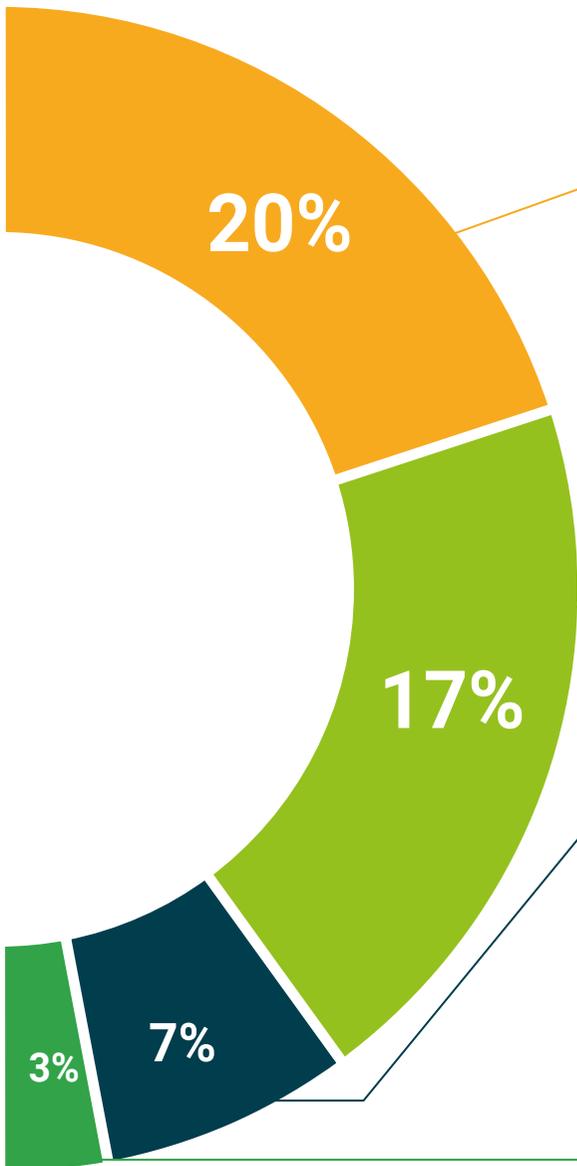
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Diploma in Nutrition and Physiology of the Skin: Applied Aesthetic Treatments guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.



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

This program will allow you to obtain your **Postgraduate Diploma in Nutrition and Physiology of the Skin: Applied Aesthetic Treatments** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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institutions technology learning

community commitment

personalized service innovation

knowledge present

development language

virtual classroom

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university

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