

# Professional Master's Degree

Aesthetic Medicine  
for Nutritionists





## Professional Master's Degree

### Aesthetic Medicine for Nutritionists

Course Modality: Online

Duration: 12 months.

Certificate: TECH Technological University

Official N° of hours: 1,500 h.

Website: [www.techtute.com/in/nutrition/porfessional-master-degree/master-aesthetic-medicine-nutritionists](http://www.techtute.com/in/nutrition/porfessional-master-degree/master-aesthetic-medicine-nutritionists)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Skills

---

*p. 14*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 24*

06

Certificate

---

*p. 32*

# 01

# Introduction

Healthy, bright and hydrated skin does not only depend on external factors. Internal factors, including nutrition, play a fundamental role in the appearance of the skin. Given the importance of a balanced diet for the maintenance of good health, TECH presents this program in which nutritionists will learn about the biological, anatomical and physiological factors affecting the aging and condition of the skin. On completion of the program, the professional will be able to offer the most cutting-edge treatments in the industry, providing patients with the most effective approaches to skin care, and guidance on how to maintain the skin and body in good condition.





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*Thanks to this Professional Master's Degree you will be able to offer your patients the best dermo-cosmetic treatments and nutritional advice"*

There are a multitude of external factors that influence the appearance of the skin. Stress, environmental pollution and health conditions are just some of the factors that can lead to dry, unhealthy-looking skin. However, an internal factor that has a direct impact on the appearance of the skin is undoubtedly nutrition. Diets based on ultra-processed foods, excess salt or sugar and even uncontrolled eating can cause visible lesions or premature aging of the skin.

It is therefore crucial that nutrition professionals have a thorough understanding of how diet influences the condition of the skin and, above all, how, through diet, skin damage, lesions or pathologies can be reversed. This Professional Master's Degree provides students with an understanding of the impact of nutrition on the skin, as well as the most appropriate medical-aesthetic treatments and approaches for each case.

Over the 1,500 hours of intensive education included in the program, students will explore everything related to *Antiaging* nutricosmetics as a means of improving and reversing the ravages of age on the skin. Likewise, they will also learn about the most common nutritional problems related to dermo-aesthetics, as well as the most common psychological disorders linked to food and the skin.

Thus, after passing the assessments for this Professional Master's Degree, students will be able to offer a distinctive and innovative approach that will positively impact their patients. This will help them position themselves at the forefront of the profession.

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

- ♦ Case studies presented by experts in dermocosmetics and nutrition
- ♦ 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 assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*With this Professional Master's Degree, you will not only learn the about nutrition and its relationship with the skin, but also the most appropriate aesthetic treatments for each case”*

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*Achieve your professional goals with a program that makes life easier: 100% online and no final project”*

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.

Access to a multimedia content, developed with the latest educational technology, will allow the professional a contextual and situated learning. In other words, a simulated environment that will provide immersive learning programmed to prepare students 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.

*With this Professional Master's Degree, you will update your knowledge in a comfortable and straightforward way and you will be able to offer the most advanced treatments in the sector.*

*Thanks to this Professional Master's Degree, you will be able to design diets aimed not only at losing weight or improving health, but also at enhancing the skin's appearance.*



# 02 Objectives

This program provides the most complete and up-to-date knowledge in the field of nutricosmetics, with the aim of making students aware of the importance of nutrition for the skin. Thus, after completing the program, professionals will be able to offer the most effective treatments and approaches to each case, which will not only improve their professional profile, but also their economic outlook.







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*TECH will help you achieve your professional goals. Don't think twice and enroll on this Professional Master's Degree”*



## General Objectives

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- Acquire fundamental knowledge of all the anti-aging options and aesthetic treatments available, picking up the necessary skills to offer them in daily practice
- Comprehensively manage the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- Refresh and reinforce essential dermatological knowledge for proper nutritional patient care
- Provide nutritionists with the necessary tools and guidelines to effectively deal with different dermatological issues
- Reinforce the role of the nutritionist in the treatment of these issues
- Identify the role of treatments in the prevention and resolution of dermatological issues
- Know the general characteristics of the skin and its anatomy
- Know how to recognize and deal with the most common topical problems today
- Know the essential features of facial dermo-aesthetic treatments
- Know the essential features of corporal dermo-aesthetic treatments
- Discern the most effective treatments for each case
- Explore the most effective hair care treatments currently available





## 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-aesthetic medical practice
- Correctly manage hygienic and sanitary protocols in the dermo-aesthetic nutrition clinic
- Know how to manage sanitary waste
- Explore the legal aspects that govern health care in dermo-aesthetic nutrition

### Module 2. Aging and Cosmetic Assessment in Dermo-Aesthetic Nutrition

- Present the historical background to anti-aging medicine
- Define and become familiar with the most frequently used concepts in anti-aging medicine
- Examine the most accepted theories of aging and how they interrelate
- Understand the aging mechanisms associated with mitochondria
- Describe telomere-related aging processes
- Establish the relationship between immunosenescence, aging and disease onset
- Analyze the importance of circadian rhythms in aging and acquire the skills to treat their disturbances in an appropriate manner
- Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

### **Module 3. 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 about different skin care regimes according to the patient's stage of life
- ♦ Build in-depth knowledge on the effects of solar radiation on the skin and the different means of photoprotection
- ♦ Learn about the different skin types
- ♦ Understanding the basics of facial hygiene
- ♦ Know about different moisturizing techniques for the skin

### **Module 4. Most Common Dermatological Issues**

- ♦ Gain up-to-date knowledge on the different issues that may come up the community pharmacy, examining the different therapeutic approaches, both for treatment and prevention
- ♦ Propose action protocols for each pathology described
- ♦ Define what is known as sensitive or reactive skin
- ♦ Analyze the different types of acne and discover which ones we can address in the community pharmacy
- ♦ Study alopecia in depth, including the differences between men and women and its progression
- ♦ Approach the study of xerosis from a dermatological point of view, analyzing which diseases or treatments most commonly produce it, and what the symptoms are
- ♦ Distinguish between existing treatments for hyperhidrosis
- ♦ Analyze the different types of dermatitis, their characteristics and examine cases of each one
- ♦ Define the different pigmentation transients, their treatment and possible preventive measures
- ♦ Analyze rosacea and its different stages, in order to recognize it and provide suitable advice
- ♦ Study psoriasis in depth, addressing all its types and stages, the different treatments available and preventive measures

- ♦ Address other pathologies with pruritus such as urticaria and angioedema
- ♦ Distinguish between the different treatments available for scalp desquamative conditions
- ♦ Describe less frequent pathologies such as toxicoderma or hydrosadenitis
- ♦ Analyze the different types of skin lesions that can be encountered and how they can be approached by the community pharmacy
- ♦ Study the different types of pathogens that can cause skin infections or infestations
- ♦ List the various dermatological pathologies caused by pathogenic agents
- ♦ Address the different pathologies that may appear in the oral cavity
- ♦ Gain up-to-date knowledge of the different treatments used in nail and phanera conditions

### **Module 5. Nutricosmetic Hair Removal**

- ♦ Explorer the features, types and effects of laser hair removal.
- ♦ Know the features, types and effects of photodepilation with pulsed light
- ♦ Understand the objectives of laser hair removal
- ♦ Know how to program and work with laser hair removal equipment
- ♦ Perform the correct procedures and obtain informed consent for laser hair removal
- ♦ Know the protection measures in place for both professionals and clients in relation to laser hair removal procedures

### **Module 6. Aesthetic Massage in Dermocosmetics**

- ♦ Know how to apply aesthetic massages for immediate results
- ♦ Understand how massages are classified
- ♦ Know the maneuvers applicable to aesthetic body massage
- ♦ Gain in-depth knowledge of the different types of massages available, their effects and application methods

**Module 7. Chemical 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 *Peels* and how to treat them.
- ♦ Explore types of *Peels* and common indications
- ♦ Pay adequate attention to skin preparation beforehand
- ♦ Study general cosmetic skin care in depth
- ♦ Address issues such as acne or aging

**Module 8. Nutrition Applied to Aesthetics: Psychological Aspects of the Patient**

- ♦ Establish the contribution of micronutrients to normal nutritional status
- ♦ Present the different types of functional foods and nutraceuticals, as well as the differences between the two
- ♦ Examine how prebiotics and probiotics contribute to health
- ♦ Identify the different food additives and their functions in foods
- ♦ Describe specific types of diets and how they help to improve bodily functions
- ♦ Examine the Intestinal Microbiota as a significant influence on the Human Microbiota and the rest of the body, how to study it, and its importance in clinical practice to maintain a good state of health

**Module 9. Physical Activity: Sedentary Lifestyles and Obesity**

- ♦ Examine the metabolic response during physical exercise
- ♦ Determine the different techniques for the physiological evaluation of the patient
- ♦ Analyze the basic principles of sports training to develop a customized physical activity plan
- ♦ Know about the importance of physical activity for cancer, musculoskeletal, cardiovascular and respiratory issues, and other pathologies
- ♦ Analyze patterns for recovery and readaptation to effort
- ♦ Establish how obesity and sedentary lifestyles contribute to accelerated aging
- ♦ Examine the guidelines and indications for pharmacological treatment of obesity

**Module 10. Care for Other Procedures and Treatments**

- ♦ Acquire in-depth knowledge of different procedures and treatments such as fillers, botulinum toxin or support threads
- ♦ Explore the use of PRP (Platelet Rich Plasma)
- ♦ Gain a deeper understanding of the use of carboxytherapy, rhinomodeling and mentoplasty



*Grow, with the help of the best professionals, and take your professional career to another level"*

# 03 Skills

On completion of the 1,500 hours included in this Professional Master's Degree, students will have acquired a series of competencies that will enable them to position themselves at the forefront of the dermo-cosmetics and nutricosmetics market. This program is unique because, in addition to updating their knowledge of aesthetic treatments, they will learn about the latest insights into nutrition and the skin. All this will allow them to position themselves as well-rounded experts in the field, improving not only their professional, but also their personal and economic standing.





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*By studying with TECH you will be able to enhance your professional skills in a sector that is constantly growing and that offers more and more opportunities”*



## General Skills

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- Apply the latest anti-aging techniques, as well as the most popular aesthetic treatments
- Prevent, delay, and control aging processes in patients
- Knowing how to apply knowledge to resolve problem cases in daily practice situations
- Know how to apply the different dermo-aesthetic treatments
- Outline the basic legislation and regulations relevant to the field of dermo-aesthetics
- Define the main action protocols for the different dermatological issues
- Be able to implement the protocol for referral to other professionals if necessary
- Know how to apply drugs and healthcare products for the prevention of dermatological issues
- Review the different skin care regimes for the different stages of life adapting treatment and prevention advice for each specific case
- Review anatomical, physiological and biochemical concepts related to the skin and appendages
- Identify risk factors for dermatological issues and offer the appropriate support
- Be able to treat oncology patients using dermo-aesthetic techniques
- Know about and know how to work with the different gynecological pathologies, applying the most effective dermo-aesthetic treatment in each case







## Specific Skills

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- Understand the implications of the different ethical and legal issues that affect dermo-aesthetics
- Learn about the latest developments in dermo-aesthetics
- Master the different scientific theories on aging
- Apply customized anti-aging treatments, taking into account the particular needs of each patient
- Understand the anatomy of the skin in order to detect all types of issues and apply the corresponding aesthetic treatment
- Learn which treatments are most effective for skin appendages such as hair and nails
- Tailor the different treatments to the patient's stage of life
- Know the dermo-aesthetic considerations for each stage of life, so that patients can apply preventive solutions
- Learn about the growth processes of skin, hair and nails
- Apply skin moisturizing and cleansing techniques
- Identify the best skin care treatments, while advising patients on the prevention of the major related risks
- Perform different aesthetic massages relevant to the field of dermo-aesthetic nutrition
- Know how to apply different hair removal techniques, especially laser hair removal
- Understand pre- and post-waxing risks in order to act appropriately in each case
- Master the techniques for different dermo-esthetic procedures such as *Chemical Peels*, botulinum toxin, rhinomodeling or facial carboxytherapy
- Learn about various nutritional issues, from a dermo-aesthetic standpoint.
- Study the problems associated with nutritional disorders in order to apply appropriate nutritional care
- Be adequately prepared to respond to the different challenges of gynecological aesthetics
- Approach gynecological dermo-aesthetics with the right tools for each patient
- Understand the role of dermocosmetic nutrition in oncology care



*You will understand how nutrition has a direct impact on the condition of the skin and learn how to propose therapeutic solutions for each specific case"*

# 04

## Structure and Content

Over the course of this Professional Master's Degree, students will be able to update their knowledge of dermo-cosmetic treatments and nutrition. This will allow them to incorporate the most cutting-edge developments and the most effective therapeutic strategies for each case into their daily practice. Furthermore, they will achieve all this using the most acclaimed academic method on the academic market, and will not have to complete a final project in order to obtain their Professional Master's Degree.





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*TECH offers you the most comprehensive and up-to-date syllabus on the market. That's how we help you reach higher"*

## Module 1. Dermo-Aesthetic Nutrition

- 1.1. Aesthetic Nutrition: New Developments in the Profession
- 1.2. Nursing Process Applied to Aesthetics
- 1.3. Diagnosis and Registration in the Nutritional Clinic
- 1.4. Hygiene in a Clinic
  - 1.4.1. Antiseptics
  - 1.4.2. Hand Hygiene
  - 1.4.3. Utensil Hygiene
  - 1.4.4. Sanitary Waste Management
- 1.5. Organization of the Aesthetic Practice
- 1.6. Aesthetic Practice Management
- 1.7. The Ethical-Legal Aspect of Aesthetic Nutrition: Code of Ethics and Ethical Problems
  - 1.7.1. Criminal and Civil Liability of Nutritional Personnel
  - 1.7.2. Liability Insurance
  - 1.7.3. Informed Patient Consent Forms: Guidelines and Generic Models
- 1.8. Quality Management in Aesthetic Nutrition Practice
- 1.9. Emergencies in the Clinic
- 1.10. Aesthetic Complications

## Module 2. Aging and Cosmetic Assessment in Dermo-Aesthetic Nutrition

- 2.1. History of Anti-Aging Medicine
- 2.2. Theories of Aging: Pathophysiology
- 2.3. Species and Longevity
- 2.4. Mechanisms of Cellular Aging
- 2.5. Mitochondria
- 2.6. Chronobiology I. Suprachiasmatic Pineal Nucleus: Circadian Rhythm
- 2.7. Chronobiology II: Sleep and Sleeplessness
- 2.8. Immunity: Immunosenescence
- 2.9. Telomeres and Telomerase
- 2.10. Exposome and Aging



### Module 3. Skin

- 3.1. Skin Anatomy and Structure of the Skin
- 3.2. Skin Appendages
  - 3.2.1. Hair
  - 3.2.2. Nails
  - 3.2.3. Sebaceous Glands
  - 3.2.4. Sweat Glands
- 3.3. Skin Functions and Elementary Lesions
  - 3.3.1. Protection
  - 3.3.2. Metabolism
  - 3.3.3. Temperature Regulation
  - 3.3.4. Sensory
  - 3.3.5. Excretory
  - 3.3.6. Energy Reserve
- 3.4. Skin Care at Different Stages of Life: Neonatal, Pediatric, Adolescent, Adult, Geriatric, Pregnancy
  - 3.4.1. Neonatal
  - 3.4.2. Pediatric
  - 3.4.3. Adolescent
  - 3.4.4. Adult
  - 3.4.5. Geriatric
  - 3.4.6. Pregnancy
- 3.5. Embryology of the Skin and Skin Appendages
  - 3.5.1. Skin Development
  - 3.5.2. Hair Development
  - 3.5.3. Nail Development
  - 3.5.4. Skin Gland Development

- 3.6. Skin Types
  - 3.6.1. Density
  - 3.6.2. Skin Emulsion
  - 3.6.3. Skin Phototype
  - 3.6.4. Condition
- 3.7. Skin Hygiene
- 3.8. Skin Hydration
  - 3.8.1. Manual Techniques
  - 3.8.2. Materials and Technical Methods
  - 3.8.3. Specific Cosmetics
  - 3.8.4. Equipment

### Module 4. Most Frequent Dermatological Issues

- 4.1. Acne
- 4.2. Rosacea.
- 4.3. Seborrheic Dermatitis
- 4.4. Atopic Dermatitis
- 4.5. Contact Dermatitis
- 4.6. Pigmentation Disorders: Hyperpigmentation
- 4.7. Pigmentation Disorders: Hypopigmentation
- 4.8. Psoriasis
- 4.9. Skin Infections and Infestations Caused by Pathogenic Agents: Bacteria
- 4.10. Skin Infections and Infestations Caused by Pathogenic Agents: Viruses
- 4.11. Ichthyosis
- 4.12. Urticaria and Angioedema
- 4.13. Scars

## Module 5. Nutricosmetic Hair Removal

- 5.1. Laser Hair Removal and Influencing Factors
  - 5.1.1. Factors That Influence Laser Hair Removal
- 5.2. Intense Pulsed Light Hair Removal and Influencing Factors
  - 5.2.1. Factors That Influence Pulsed Light Hair Removal
- 5.3. Objectives of Laser Hair Removal and IPL
- 5.4. Procedures for Laser Hair Removal and IPL
- 5.5. First Visit
  - 5.5.1. Client Information
  - 5.5.2. Technical and Follow-Up Data
  - 5.5.3. Informed Consent
- 5.6. Technique Procedure
  - 5.6.1. Cleansing, Shaving and Disinfection
  - 5.6.2. Delimitation of the Area
  - 5.6.3. Protection
  - 5.6.4. Application of Cooling Gel
  - 5.6.5. Using Equipment
  - 5.6.6. Removal of Gel and Application of Decongestant Product
- 5.7. Risks and Side Effects
- 5.8. Precautions, Post-Laser Hair Removal Care and After-Sessions
- 5.9. Protection Measures for Professionals and Clients
  - 5.9.1. Clothing
  - 5.9.2. Recommended Postural Hygiene at Work

## Module 6. Aesthetic Massage in Dermocosmetics

- 6.1. The Application of Aesthetic Massage and the Immediate, Delayed, Local and General Effects of Massage on the Various Organs and Systems
- 6.2. Classification of Massages According to Their Effects and the Different Applicable Techniques
- 6.3. Effects, Indications, Precautions and Contraindications of Aesthetic Massage Procedures
- 6.4. Application Parameters of Massage Procedures and Selection Criteria for Aesthetic Massage Procedures
- 6.5. Techniques for Performing Corporal Aesthetic Massage Procedures
- 6.6. Zone Massage: Specific Procedures and Time of Execution
- 6.7. Aesthetic Massage With Mechanical Effect Equipment
- 6.8. Aesthetic Massage With Mechanical Effect
- 6.9. Application Techniques for the Different Types of Equipment
- 6.10. Indications for Mechanical Aesthetic Massage
- 6.11. Immediate and Subsequent Results of Mechanical Massage on Different Organs, Structures and Systems

## Module 7. Chemical Peels in Dermocosmetics

- 7.1. General Aspects
- 7.2. Advance Preparation
- 7.3. Superficial *Peels*
- 7.4. Medium *Peels*
- 7.5. Deep *Peels*
- 7.6. Post *Peel* Care: Adverse Effects and their Treatment
- 7.7. Introduction to Dermocosmetics
- 7.8. General Cosmetic Skin Care
- 7.9. Specific Cosmetic Care

**Module 8. Nutrition Applied to Aesthetics: Psychological Aspects of the Patient**

- 8.1. Nursing Care for *Anti-Aging* Nutricosmetics
- 8.2. Orthomolecular Dermocosmetics
- 8.3. Microbiota
- 8.4. Prebiotics and Probiotics
- 8.5. Nutrigenetics: Nutrigenomics
- 8.6. Supplementation
- 8.7. Food Additives
- 8.8. Most Common Nutritional Disorders Relevant to Aesthetics
- 8.9. Psychological Aspects of Aging

**Module 9. Physical Activity: Sedentary Lifestyles and Obesity**

- 9.1. Physiology of Physical Activity
- 9.2. Physiological Evaluation and Interpretation I
- 9.3. Physiological Evaluation and Interpretation II
- 9.4. Customized Prescription of Physical Activity in Young Adults
- 9.5. Customized Prescription of Physical Activity for the Elderly
- 9.6. Physical Activity, Longevity and Quality of Life
- 9.7. Strategies for Rehabilitation and Recovery from Exertion
- 9.8. Sedentary Lifestyles and Obesity
- 9.9. Pharmacological Treatment of Obesity: GLP1-Liraglutide
- 9.10. Dietary Supplementation

**Module 10. Care for Other Procedures and Treatments**

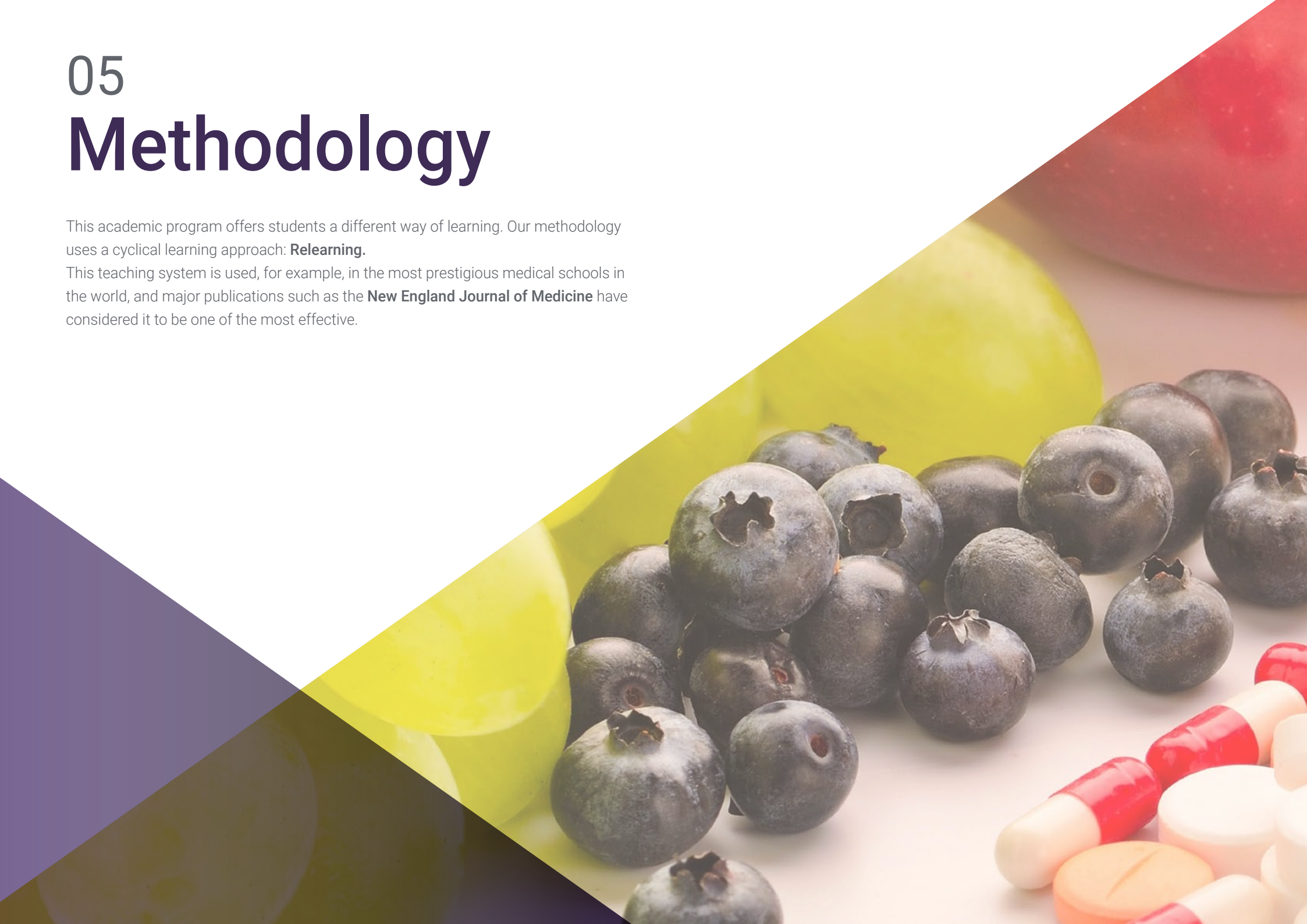
- 10.1. Facial *Fillers*
- 10.2. Bioplasty
- 10.3. Botulinum Toxin
- 10.4. Sustaining Wires
- 10.5. Chemical Peels
- 10.6. Radiofrequency, Technology and Biological Effects
- 10.7. Facial Rejuvenation
- 10.8. Rhinomodeling and Mentoplasty
- 10.9. Facial and Corporal Carboxitherapy
- 10.10. PRP (Platelet Rich Plasma)
- 10.11. Microdermabrasion



# 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.







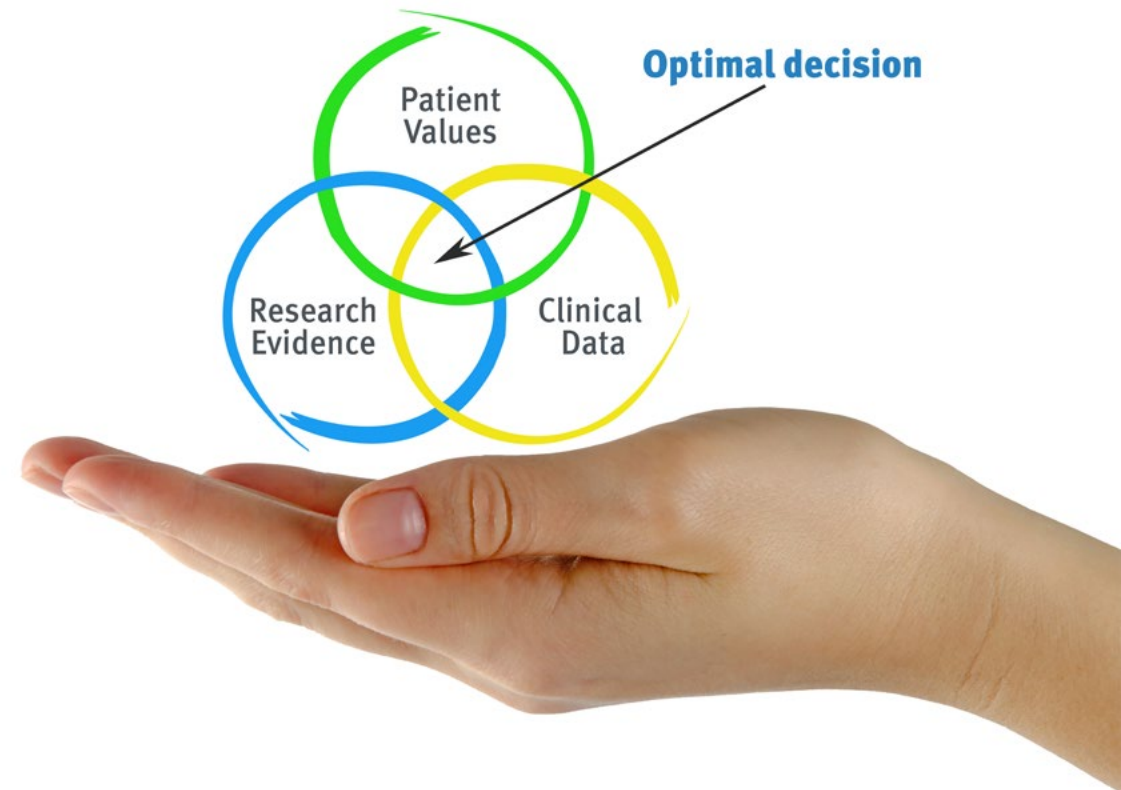
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

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.



06

# Certificate

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





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*Successfully complete this program and receive your Professional Master's Degree without having to travel or fill out laborious paperwork"*

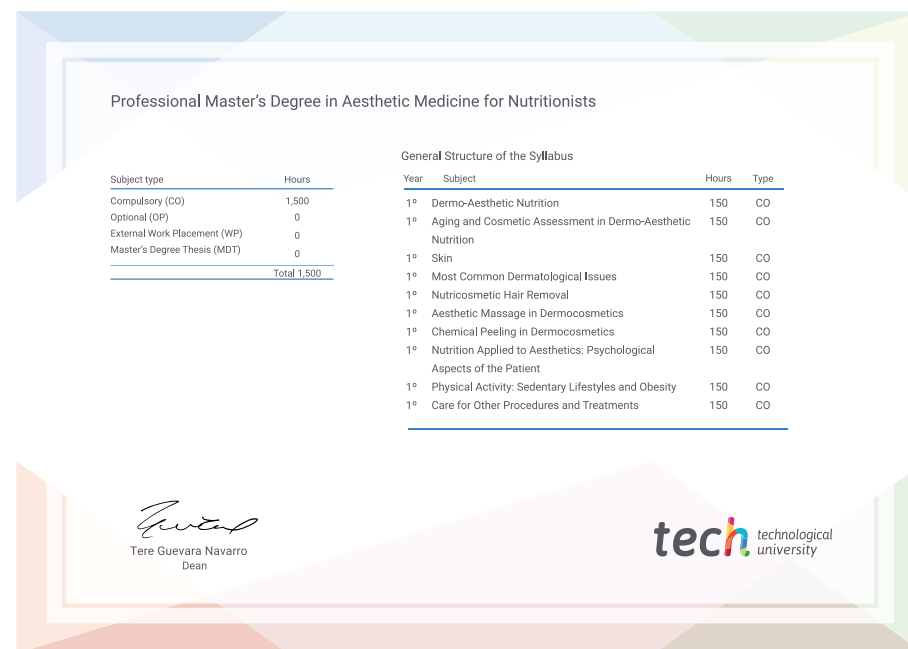
This **Professional Master's Degree in Aesthetic Medicine for Nutritionists** contains the most complete and up-to-date program on the market.

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

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional from career evaluation committees.

Title: **Professional Master's Degree in Aesthetic Medicine for Nutritionists**

Official N° of Hours: **1,500 h.**



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

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guarantee accreditation teaching  
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community commitment  
personalized service innovation  
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development languages  
virtual classroom



## Professional Master's Degree

Aesthetic Medicine  
for Nutritionists

Course Modality: Online

Duration: 12 months.

Certificate: TECH Technological University

Official N° of hours: 1,500 h.

# Professional Master's Degree

Aesthetic Medicine  
for Nutritionists

