

**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/pk/pharmacy/postgraduate-certificate/natural-costmetics-aromacosmetics-nutricosmetics](http://www.techtute.com/pk/pharmacy/postgraduate-certificate/natural-costmetics-aromacosmetics-nutricosmetics)

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# 01

# Introduction

The skin is the largest organ of the human body and is also responsible for protecting it from the external aggressions it faces on a daily basis. For this reason, its care is essential and there is a great demand for products and techniques for this purpose. For this reason, the pharmacology professional must be up to date with the advances made in this field, in order to be able to offer an even more specialized service, adapted to the treatments that are currently having the best results with respect to the management of the different dermatological conditions. To this end, you can count on this program designed by cosmetic experts and presented in a convenient 100% online format, thanks to which you will be able to update your knowledge in a way that is compatible with any other work or personal activity you may have.



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*The perfect program to update you on the latest news related to Natural Cosmetics, Aromacosmetics and Nutricosmetics in a 100% online way"*

Among the consultations that are made daily in the pharmacological sector that works with the public, those related to skin care stand out. The aesthetic aspect has become a recurring concern, as well as awareness based on the importance of this organ as a protector from external aggressions that people face in their daily lives: the sun, infections, blows.

For this reason, the professional in this area must know in detail the most advanced and innovative strategies and techniques, as well as the advances that have been made in terms of the effectiveness of cosmetic bases for hygiene. For this, you can count on this Certificate in Natural Cosmetics, Aromacosmetics and Nutricosmetics, a multidisciplinary and austere program that includes the most updated and exhaustive information, designed by experts and presented in a comfortable and accessible 100% online format. With it, the graduate will be able to delve into dermatological cleansing, the best treatments for moisturizing and maintenance and the latest active ingredients for the prevention of wrinkles, blemishes, acne, etc.

This is an intensive 150-hour program that includes, in addition to the best theoretical syllabus, practical cases and a variety of additional material: detailed videos, research articles, complementary readings and much more! 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 is a unique opportunity to update your knowledge in a guaranteed, comfortable and accessible way through a certificate that is perfectly compatible with your work and personal life.

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 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



*You will work on the progress of cosmetic forms: their main characteristics, components and different applications according to the needs of the person"*

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*A qualification that will allow you to perfect your professional skills in facial maintenance and hydration through 150 hours of the best theoretical, practical and additional content”*

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 throughout the program. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*The Postgraduate Certificate includes an exclusive module dedicated to facial hygiene cosmetics that includes the pharmacological advances that have been made in this area.*

*You will have access to the Virtual Classroom 24 hours a day throughout the week, so that you can connect whenever you can.*



# 02 Objectives

The importance of having a good knowledge base when it comes to skin care, whether for aesthetic or health reasons, is what has led TECH to develop this Postgraduate Certificate. For that reason, it proposes a program with which the pharmacology professional will be able to update his knowledge in a guaranteed way and whose objective is to provide him with the best material that will help him to achieve it in only 150 hours. In this way, not only will you be able to practice based on the latest developments in the sector, but you will also be able to improve your work skills and become an even better prepared specialist.





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*TECH's objective with this Postgraduate Certificate is to improve your professional skills in less than 6 weeks Do you want to?"*



## 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
- ◆ To substantiate the active ingredients and cosmetic forms for the care of the hair and scalp of hair and scalp from the knowledge of the mechanisms involved in them

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*Among the most frequent consultations are those related to acne, atopy and rosacea That's why, in this program, you will find the most up-to-date information on the most effective treatments and pharmacological techniques”*





## 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

This Postgraduate Certificate will be directed and taught by a team of pharmacy professionals with a wide and extensive experience in the sector. Each and every one of the specialists who make up the faculty combine their teaching activity with their work in different areas of pharmacology, so they know in detail the new developments that are continually being made. As a result, graduates will be able to update their knowledge under the guidance of true experts in the field, using their experience to perfect their own skills.





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*A teaching team versed in pharmacological cosmetics will guide you during the educational experience, providing you with their experience so that you can learn in detail about the advances that have been made in this sector”*

## 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

- ◆ Technical Supervisor 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 Centro de Estudios Superiores de Industria of the Pharmaceutical Industry



04

# Structure and Content

Offering a wide variety of qualification adapted to the needs of each of the professionals who choose TECH to update their knowledge is what makes it different from other educational centers. This university uses not only the latest educational technology in the development of its programs, but also the most advanced pedagogical methodology, aspects that, combined with the quality of its theoretical, practical and additional material, make it possible to reduce the teaching load without sacrificing the specificity and usefulness of the educational experience.





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*Do you know the Relearning methodology? Thanks to the Relearning methodology, you won't have to spend extra hours memorizing, but you will witness a natural, progressive learning process without even realizing it!”*

## 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 and 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 and Mechanisms 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.





*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 be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

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



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist'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. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their 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.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.

*Pharmacists 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic 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 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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



### Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

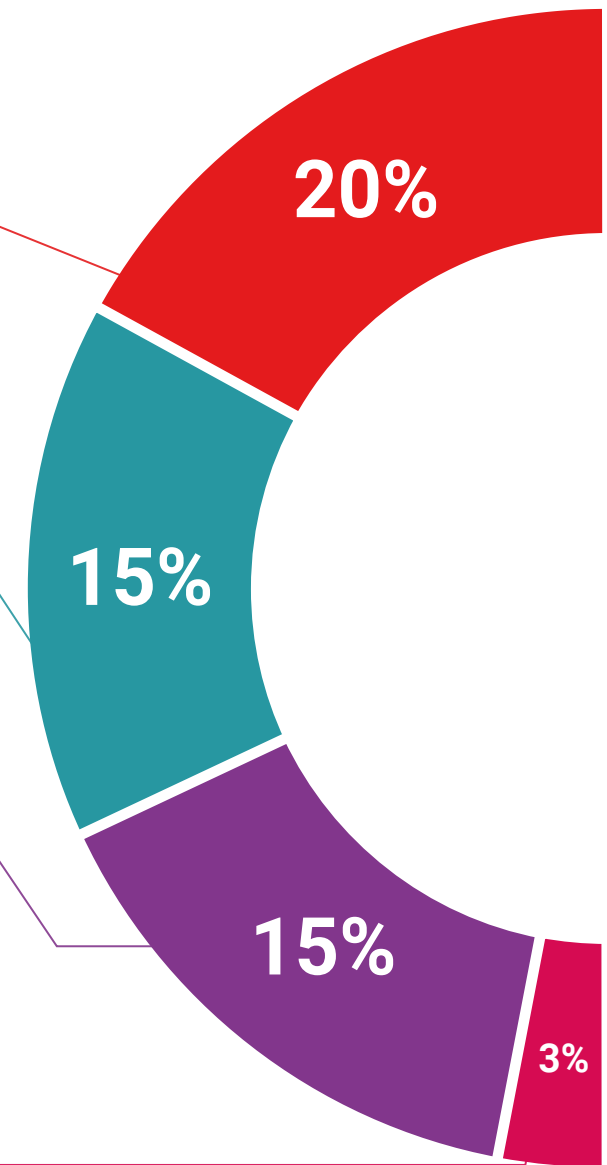
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system 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, we will present you with real case developments in which the expert will guide you through 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 certificate 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 Natural Cosmetics, Aromacosmetics and Nutricosmetics**

Official N° of Hours: **150 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.

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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