

UBERCARE ACADEMY

Skin & Aesthetics – 6-Day Intensive Certification Program

Course Overview

This 6-day intensive course is designed to provide in-depth theoretical and practical knowledge of clinical and cosmetic skin treatments. Ideal for aspiring aestheticians, beauticians, and medical professionals seeking hands-on expertise in advanced skin care technologies.

Day 1: Skin Science & Basic Aesthetic Principles

Theory:

- Introduction to skin anatomy & physiology
- Skin types & conditions (acne, pigmentation, aging, sensitivity)
- Fitzpatrick skin types
- Contraindications & client consultation
- Sterilization, sanitation & hygiene protocols

Practical:

- Skin analysis and diagnosis techniques
 - Conducting consultations
 - Product knowledge and patch test demonstration
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Day 2: Medi-Facials & HydraFacial

Theory:

- What is a medi-facial vs. regular facial?
- Understanding Hydration, Oxygen, and Enzyme Facials
- Active ingredients: AHA, BHA, Vitamin C, Niacinamide, etc.
- Safety protocols and contraindications

Practical:

- Full HydraFacial procedure demonstration

- Product layering techniques
 - Student practice under supervision
 - Post-care recommendations
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Day 3: Laser Hair Reduction (LHR)

Theory:

- Types of lasers used in LHR (Diode, Alexandrite, Nd:YAG)
- Laser physics basics: wavelength, chromophores, fluence
- Indications, contraindications, side effects
- Skin prepping and cooling systems

Practical:

- Machine handling and laser settings
 - Performing LHR on different body areas
 - Safety measures: goggles, cooling gel, post-care
 - Troubleshooting common errors
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Day 4: Chemical Peels

Theory:

- Types of peels (Glycolic, Lactic, Mandelic, Salicylic, TCA)
- Indications for each peel
- Depth of penetration: superficial, medium, deep
- Precautions and aftercare

Practical:

- Patch testing and client preparation
 - Application techniques
 - Neutralization and calming procedures
 - Treating side effects like redness or flaking
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Day 5: IPL, Pico Laser & Skin Rejuvenation

Theory:

- Difference between IPL and Laser
- Pico Laser uses: pigmentation, acne scars, skin brightening
- Photofacial science & benefits
- Pre- and post-treatment protocols

Practical:

- IPL & Pico demo on pigmentation/acne scar
 - Safety protocols & parameter settings
 - Live model treatment sessions
 - Post-treatment care and home regimen advice
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Day 6: IV Glutathione & Final Assessment

Theory:

- Introduction to IV Glutathione: benefits, risks & regulations
- Skin lightening vs skin brightening
- Legal aspects and safety in administration
- Nutrition, antioxidants & skin health

Practical:

- Demonstration of IV therapy by certified medical expert
- Final client consultation and procedure planning
- Viva, feedback & performance evaluation
- Certificate distribution + Portfolio Photo Session