



# Skin Skills

EDUCATE • EMPOWER • EVOLVE

*Course in*

# SKIN IDENTIFICATION

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## GENERAL INFORMATION

Two options to accommodate students in terms of time, availability as well as preference of learning.

### OPTION ONE: CLASSROOM STYLE

This option is ideal for the student who prefers an educator to facilitate every step of the process - more interaction and more learning from the group. It is fast paced and advanced and will challenge the ability to comprehend and apply new information quickly and accurately.

Number of students per class are limited so early booking is essential.

R 1 500 non-refundable deposit is required to secure booking.

**DURATION:** 2 Full Days

**COURSE FEE:** R 4 500 Per Student

**DEVELOPED FOR:** CIDESCO, CIBTAC or ITEC Qualified Somatologists

**DATES:** \*GAUTENG: 11-12 February 2019 \*KZN: 18-19 March 2019

**VENUES:** TBC

### INCLUDED:

- Hard copy training manual
- Hard copy certificate of completion
- Light lunch and refreshments



[www.skinkills.co.za](http://www.skinkills.co.za)

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## OPTION TWO: WEBINAR SERIES

This option is ideal for students with time constraints to attend classroom. The course is presented as a webinar series of 8 modules over a time duration of 8 weeks. Each module is 2 hours per week. Students do have the opportunity to ask questions in the chat box during the presentations and there is still a level of interaction between the educator and students. This option allows a student to process shorter sections of information over a period of a week. If the student is unable to attend the session as scheduled, they will receive a recording of the session. Please note it is very important to have access to a laptop or smart device and good internet signal else you may lose parts of audio as it is presented.

**DURATION:** 8 weeks (2 hour session per week)

**COURSE FEE:** R 3 400 Per Student (payment split in 2 instalments of R 1 700 over 2 months)

**DEVELOPED FOR:** CIDESCO, CIBTAC or ITEC Qualified Somatologists

**DATES:** 14 January - 5 March 2019: Dates below: 09h00-11h00

Mon, 14 Jan – Module 1

Mon, 21 Jan – Module 2

Mon, 28 Jan – Module 3

Mon, 4 Feb – Module 4

Wed, 13 Feb – Module 5

Tues, 19 Feb – Module 6

Mon, 25 Feb – Module 7

Tues, 5 March – Module 8

## INCLUDED:

- Electronic copy training manual
- Electronic certificate of completion

## ADDITIONAL BENEFITS FOR SKIN IDENTIFICATION GRADUATES:

- Free access to all Skin Skills webinars.
- Credits for selected upcoming Skin Skills courses.
- Support of the Skin Skills network of professionals.
- Access to support from the Skin Skills team with regards to specific questions you might have on homecare regimens, skincare brands and procedures that you might wish to offer.



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We believe that the future of an industry is safe in the hands of the educated. Our progress as an industry is dependent on our progress in education.

## COURSE IS TAILORED FOR:

- Experienced Therapists with a passion for skin
- Aesthetic Nurses
- Physicians specializing in Aesthetic medicine
- Skincare Brand Business Developers
- Skincare Brand Trainers
- Any industry professionals that wish to improve their knowledge and skills on skin to an advanced level.

## COURSE OUTCOME

- Understand functioning of the skin on a cellular level to prescribe suitable and safe treatment protocols
- The Skin Identification method is proprietary, detailed method of skin consultation which was developed to assist the professional to offer consistent, in-depth and accurate skin consultations.
- The student will understand the leading cause of skin conditions and how to effectively determine treatment and homecare protocols to ensure client compliance and loyalty



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## DETAILED COURSE OUTLINE:

- Basic CELL STRUCTURE: Main constituents of a cell and how it affects skin functioning when compromised.
- Layers and cells of the EPIDERMIS with the focus on: Keratinocyte Maturation cycle and the relevance of this relating to skin barrier function, cell communication and preparation of skin for active ingredients and certain procedures.
- Layers and cells of the DERMIS with the focus on: Structural proteins and their function to ensure adequate cell to cell communication, healthy Extra Cellular matrix and healthy skin functioning. Understanding the intricate process of how dysfunctioning cells affect manifestations visible on the skin and how certain ingredients, diseases and procedures affect this.
- INTRINSIC AGEING: Proteosomal decline, cellular ageing and the Hayflick Phenomenon. Understanding factors that play a role in the visible manifestations on the ageing skin. Assisting the therapist to better understand where she can, and cannot accept responsibility for treatment outcomes.
- EXTRINSIC AGEING: Free radicals, Oxidative stress, lipid peroxidation and inflammation. In depth understanding of the influencing factors and the approach to help prevent and treat.
  - A HOLISTIC approach to treating skin conditions and disease, including information on supplementation and GUT HEALTH and how to speed up the rate at which you achieve results by advising on specific lifestyle changes that might be necessary.
  - Approaching SKIN HEALTH RESTORATION by looking at the skin's role in IMMUNE FUNCTION.
- Basic SKIN TYPES and how to identify it.
- Skin conditions relating to BARRIER FUNCTION focusing on: Acid mantle, Natural moisturizing Factors, GAG's and enzymatic activity in the skin. The role and importance of restoring a healthy skin barrier and how it can be achieved.
- Skin conditions relating to TEXTURE focusing on: Epidermal and Dermal factors and how to distinguish the different manifestations to assist in more accurate treatment and homecare choices.
- Skin conditions relating to COLOUR focusing on: Melanogenesis process and different manifestations of dysfunctional melanocytes. Understanding the intricate process and manifestations in different skin types.
- Skin conditions relating to SEBACEOUS GLANDS focusing on: The different types of acne and manifestations in different age groups. Risks associated with untreated sebaceous gland disorders.

**Skin skills education is brand agnostic and provides anyone treating skin, objective and factual information to customise product and protocol prescriptions relevant to any brand.**



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