

Cryotherapy Induced Lipolysis (Cryolipolysis)

- THE NEW APPLICATION FOR FAT REDUCTION -
- Including Core Knowledge -

This is a new course fully recognised, accredited by "The Guild of Beauty Therapists", Professional Beauty Direct

Course Content

This is a combined course leading to an Academy diploma qualifying for CPD points and insurance cover.

4 day intensive course including three days of guided and supported study on underpinning knowledge, one day training at the Academy campus.

To complete the course, students will be expected to complete an assignment(s) and pass all relevant exams.

Entry level: Medical professionals, Beauty Therapy L3

Date: Course dates are flexible and run on a monthly basis please call for details

Venue: Academy of Advanced Beauty Sutton Campus – CB6 2NY

Price: £499

CPD Points: 40

This course consists of theoretical study as well as practical learning and is dedicated to highly motivated students.

Short Description

Cryotherapy Induced Lipolysis is the newest form of non-invasive fat reduction without damaging other cells and tissue. Treatment involves controlled cooling of fat tissue through the skin to induce lipolysis through a process known as apoptosis during which the affected fat cells begin to shrink and break down and be naturally metabolised and removed by the lymphatic system, resulting in the reduction of the fat layer. The client will experience a 20 - 25% fat reduction in the treated area from a single session.

Cryotherapy Induced Lipolysis is most effective on dense fat layers like : flanks (love handles), abdomen, back fat as well as inner thighs and arms. This is not a weight loss treatment or an alternative to surgery, it is an excellent choice for clients, who despite a healthy lifestyle, still have small pockets of fat that just will not respond to diet or exercise.

CRYOTHERAPY INDUCED LIPOLYSIS COURSE includes:

UNIT 1

Health and safety

Data Protection Act

Client modesty, privacy and confidentiality

Hygiene

Sterilisation of the equipment

UNIT 2

Body types and shapes:

Types of fat

Fat distribution in men and women

BMI

Why do we put on weight

Negative effects on our health

Quick recap and Q+A

UNIT 3

What is cryotherapy induced lipolysis?

How does it work?

What happens to the fat cells?

Benefits

Areas suitable for treatment and treatment duration

Client's realistic expectations

Treatment results

Quick recap Q + A

UNIT 4

Setting up the equipment (inc. Maintenance) for demonstration

Preparation of the client - explain treatment to client and what to expect

Client consultation including contra indication (including client's medical history to determine client's suitability for treatment)

Assess client's BMI (and take all other necessary measurements)

Treatment plan

Points to remember before commencing treatment including safety and application of antifreeze gel membrane

UNIT 5

Complete treatment procedure - Step-by-step demonstration on live model

Ensure client wellbeing during treatment

Contra action

Aftercare for client

Recap on practical demonstration including CI & CA etc.

UNIT 6

Student practical – hands on – on live models under strict supervision of teacher to include consultation, client selection for treatment, treatment procedure, CA and aftercare

UNIT 7

Quick recap of all units to make sure that students show their understanding of all topics covered

Final question and answer

Examination procedure

NB

We expect the students to have read the manuals that they will receive prior to the course.

Continual observation will take place during the student's practical session

A final written theory test needs to be completed at the end of the day to assess the students' knowledge and understanding..

A practical exam now follows to ensure the student is able to deliver the treatment independently to the client in a safe, professional and polite manner

Test results

Student feedback