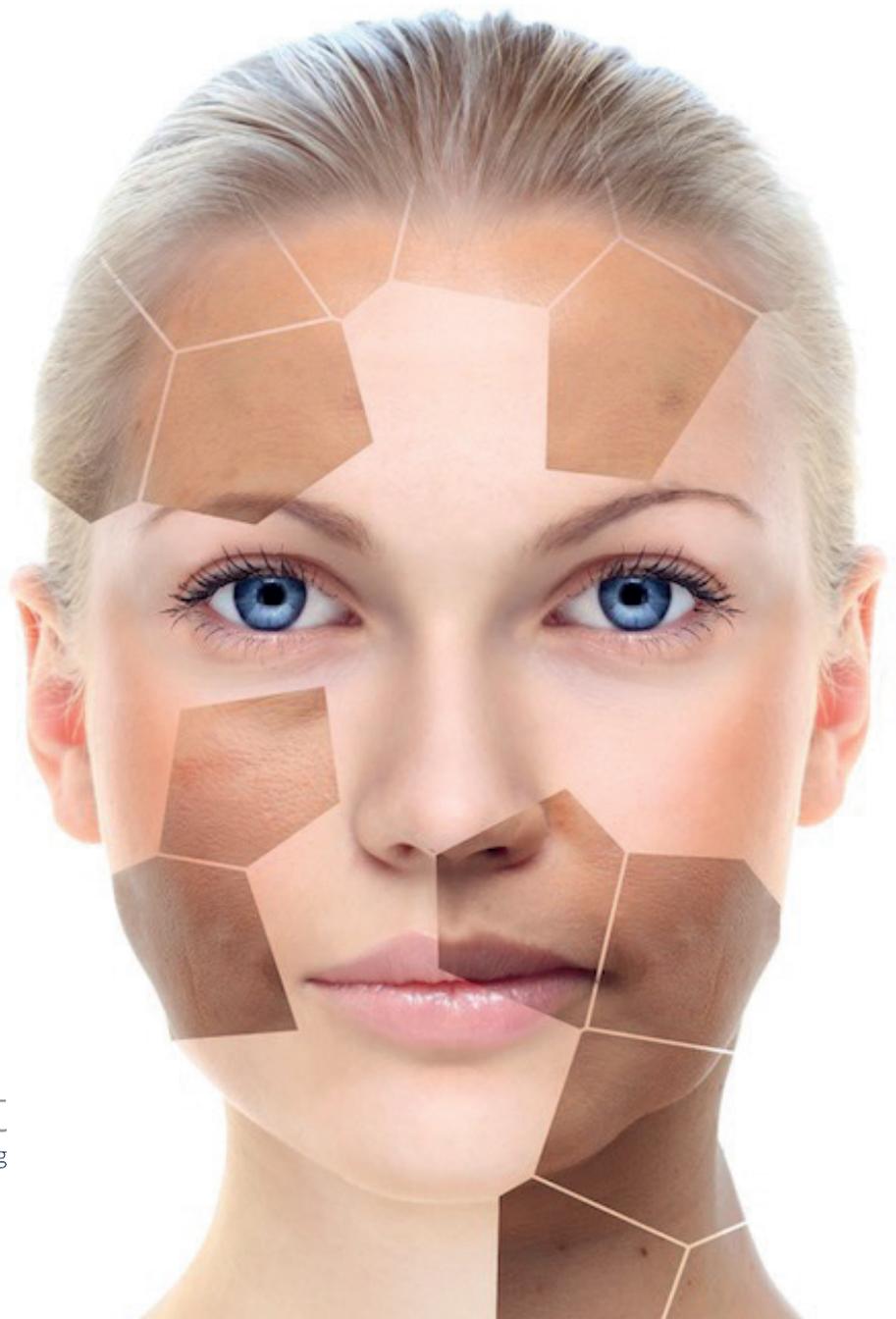


Professional Development Courses

in Skin Health &
Cosmetic Dermatology



Professional Development Courses

in Skin Health & Cosmetic Dermatology

Sally Durant Aesthetic Education & Training's programme of professional development courses offer the opportunity to further enhance your knowledge of remedial skin care and provide you with a superior level of expertise.

They deliver the most comprehensive knowledge of skin health and dysfunction, dermatological disorders and disease together with in-depth discussion of the most up to date treatment approaches.

All courses are CPD certified by IISHCA

The Sally Durant Aesthetic Education & Training professional development programme includes the following:

- The Physiology Of Ageing & Regeneration Practices
- Hormonal Influences On The Skin
- Understanding & Treating Hypersensitive Skin & Rosacea
- Nutrition for Skin Health
- Photo-ageing & Pigmentation Irregularities Of The Skin
- Understanding & Treating Acne Vulgaris



The Physiology of Ageing & Regeneration Practices

Every patient or client over the age of 25 will have some concern regarding the ageing process, whether it be the prevention of premature ageing or the treatment of established signs of age deterioration. Thus every aesthetic practitioner needs to be fully conversant on the physiology of ageing skin, to be adept in the recognition of how these changes manifest themselves and confident in their prescription of treatment required.

This one day course closely examines all the structural and physiological issues pertinent to skin ageing, the intrinsic and extrinsic causes of premature ageing and their prevention. We also discuss the modalities of clinical anti-ageing procedures and the regenerative processes on which these treatments depend.



Course Content:

- What is ageing? Chronological versus premature ageing
- The biology of the skin ageing process – the anatomical and physiological changes which take place.
- Extrinsic Ageing – Free radicals, oxidative stress and the influences of general health, environment and lifestyle
- Intrinsic ageing, Glycation, the NRF2 pathway and mitochondrial ROS
- Hormonal influences on the skin ageing process
- The impact of ageing on the healing mechanisms of the skin
- Understanding and recognising the physiological changes in an ageing skin
- ECM Integrity loss
- Specific assessment of linear manifestation
- Deterioration of the dermal epidermal junction
- Alterations in skin density, texture and tone
- Compromisation of the natural barrier function and changes in the pH, hydration and lipid balance
- Alterations in sebaceous gland structure and function
- Vascular and pigimentary damage
- Muscle tone deterioration
- Overview of clinical aesthetic regeneration treatments
- The physiology of tissue degeneration and regeneration - the inflammatory, healing and tissue re-modelling mechanisms
- Chemical Peels
- Laser / IPL
- Micro-Needling
- Mesotherapy
- Radio frequency
- Medical injectables
- Cosmeceutical treatments

Certification

- The Institute of Skin Health and Clinical Aesthetics - IISCHA
- CPD Certification – 8 Points



Hormonal Influences On The Skin

Hormonal irregularities cause some of the most common and challenging issues of skin imbalance and dysfunction. Treatment modalities for addressing hormonally mediated skin conditions need to be carefully considered, particularly when managing a client's expectations of the prognosis. This course examines the most common ways in which the complex endocrine system impacts on skin health and physiology and so help you in your assessment, clinical treatment and ongoing care on these difficult skin issues.

Course Content:

- A review of the Endocrine System
 - The Endocrine glands the hormones they produce.
 - The feedback mechanism
 - Which hormones directly impact on skin health?
- Hormonally Mediated Acne
 - The development cycle triggered by dehydrotestosterone (DHT)
 - The fluctuations in hormonal influence and the connection between stress related hormones and the development of acne.
 - Dietary sugar levels and the influence of the Insulin growth factor on acne.
 - The effects of Poly cystic ovarian syndrome and other hormonal disorders
- The Influence of Corticosteroid and Adrenaline Hormones and the Skin
 - The intrinsic inflammatory cascade
 - The influences on the stress related development cycle of rosacea
 - The HPA System
- Hormonal Influences on the Skin Ageing Process
 - Changes which occur in key life stages, puberty, pregnancy and menopause
 - The influence of Insulin on Collagen Glycation
- Hormonally Mediated Pigmentation
- Diabetes and the Skin
- The influence of the Thyroid Gland on skin health
- Consultation and assessment of the hormonally influenced skin
- Treating hormonal skin conditions and managing your client's expectations

Certification

- The Institute of Skin Health and Clinical Aesthetics – IISHCA
- CPD Certification – 8 Points



Understanding and Treating Hypersensitive Skin & Rosacea

One of the most common but equally difficult skin types to address is the over reactive skin. Whether the skin is generally sensitive or manifesting acne rosacea, the underlying cause may be systemic, environmental or topical and knowing how to assess the pertinent influences on the skin is the first step towards enabling effective treatment.

In his one day course we examine the intrinsic and extrinsic causes of this distressing condition and discuss the various treatment approaches which may be adopted in the aesthetic clinic.



Course Content:

Types and causes of sensitive skin

- An introduction to common diseases and disorders of the skin caused by skin reactivity
- The vascular system of the skin and its influence on skin health
- Vasodilation and vasoconstriction – the influence of the hypothalamus
- Understanding dermal immunology – key advanced anatomy and physiology
- The inflammatory response
- Allergies, allergens and the histamine reaction
- Contact dermatitis

Acne Rosacea

- The statistics
- Types of rosacea and their recognition
- The physiology of Rosacea
- Influential theories
- The Demodex Folliculum Mite
- Deficiency of vitamin B12
- Bacterial and viral factors
- The link between rosacea and stress – the HPA system

Treatment protocols for irritated, inflamed and rosacea skins

- When to treat and when to refer
- Medical approaches
- Light therapies – Laser, IPL & LED
- Microneedling and mesotherapy
- Chemical peels
- Cosmeceuticals
- Non-surgical blemish removal – short wave diathermy, thermo-coagulation. Sclerotherapy, Laser.
- Lifestyle and home care considerations

Certification

- The Institute of Skin Health and Clinical Aesthetics – IISHCA
- CPD Certification – 8 Points

Nutrition for Skin Health

Determining the requirements of a good diet and its reflection on skin health is key to the 'holistic treatment of the skin. Indeed the saying "We are what we eat" is no more true than in the case of our skin. Therefore this course explore nutritional influences on skin health – the good, the bad and the ugly.

We examine how deficiencies and excesses of the primary nutrient groups impact on the development of specific skin conditions and the implications of modern day dietary preferences. Additionally we investigate the use of nutritional supplementation within a skin health programme to gain maximum benefits and results from your clinical treatment programmes.



Course Content:

The requirements of a healthy balanced diet

- An overview of the digestive system
- The relevance of key nutrients to skin health and the impact of nutritional imbalances
- Protein
- Simple and complex carbohydrates
- Saturated and unsaturated fats – their link with the Natural Barrier Function, acne and skin ageing
- Vitamins mineral – specific influences and deficiencies
- Dairy Produce
- Fibre
- Water
- The importance of anti-oxidants and their action against free radicals, skin ageing and the prevention of skin disease

Nutritionally influenced skin conditions

- The most prevalent cutaneous indications of poor diet or internal disharmony.
- Nutritional links to acne, psoriasis, asteatosis, allergic rashes, sensitisation and skin disturbances
- Diabetes and its impact on the skin
- Implication on skin health of intestinal disease and dysfunction

Diet and acne

Dietary diversity

- The potential deficiencies imparted by different diets such as vegetarianism, vegan diets and dairy free diets
- The possible side effects on the skin of various weight loss programs such as the low fat and Atkins diets.

Skin ageing & nutrition

- A summary of the the nutritional issues which impact on skin ageing and the effects of diet on the integrity of the dermal matrix

Pigmentary irregularities and diet

Nutritional supplementation for skin health

- How you can reinforce skin care programmes in the clinical environment to ensure results driven treatment.

Certification

- The Institute of Skin Health and Clinical Aesthetics – IISHCA
- CPD Certification – 8 Points



Photo-ageing & Pigmentation Irregularities Of The Skin

Approximately 90% of premature skin ageing can be attributed to sunlight and at least 50% of the adult population will quote pigmentation irregularity as a major skin concern. Indeed individuals with Fitzpatrick Skin Types 3 to 6 may well rank pigmentation as a higher priority than lines and wrinkles. Hyper or hypo pigmentation may also be generated by the effects of medication, hormonal imbalances, illness or a post inflammatory reaction, but whatever the underlying cause an understanding of the physiology of its manifestation is vital if you are to provide the right treatment approaches.

This course therefore not only explores in detail the skin's relationship with the sun and the process of melanogenesis but also looks at all forms of pigmentation irregularity, how they develop and how to effectively, and safely, treat these stubborn skin conditions.



Course Content:

The skin's relationship with the sun

- A definition of photo-ageing and statistical evidence of its impact on modern day skin health - who is at greatest risk?
- What is light and how does it interact with the skin?
- The electromagnetic spectrum
- Types of UV light rays and their individual effects within the skin
- The question of infra red skin damage
- The physiology of melanogenesis
- Eumelanin and pheomelanin
- Fitzpatrick skin typing and the Lancer scale

The physiology of sun damage

- The formation and effects of free radicals
- Inflammation
- The MMPs
- Sunburn cells and hyperkeratosis
- Immunosuppression
- Thymine dimers and cancerous change
- The p53 gene

Pigmentation irregularities – other causes

- Disorders & diseases of pigmentation
- Ephelides (freckles)
- Solar lentigenes
- Solar keratosis
- Melasma / cloasma
- Moles
- Seborrheic keratosis / seborrheic warts
- Vitiligo
- Skin Cancers – including recognition of cancerous changes within a mole
- Post inflammatory pigmentation irregularities
- Pigmentation analysis equipment

Remedial treatment of pigmented skin

- Prevention - the use of topical antioxidants , SPFs, chemical and physical sun filters
- Treating pigmentation and dermal degradation in the clinic
- Chemical skin peeling – pigment balancing mask
- Microdermabrasion
- Laser / IPL
- Microneedling
- Cryotherapy
- Prescription medication and cosmeceutical treatment

Certification

- The Institute of Skin Health and Clinical Aesthetics – IISHCA
- CPD Certification – 8 Points



Understanding & Treating Acne Vulgaris

Approximately 15% of the population will suffer from acne at any one time with at least 75% of all teenagers being affected by some form of the disease. However this is not just a problem for the young – about 12% of women will present acneic conditions into their mid 40s. With these statistics in mind, a thorough knowledge and understanding of the biology behind acne, it's development cycle, what causes or aggravates it and the possible methods of treatment are essential to any skin care specialist.



Course Content:

- The definition of acne – what is the difference between having spots and having acne?
- The demographics of acne relating to age, sex, climate, lifestyle and ethnicity
- The different types of acne and their specific characteristics
- Recognising an acne condition
- An advanced study of the anatomy and physiology of the pilo-sebaceous unit and its relevance in acne development
- Comedogenesis
- The development of inflammatory dermatological lesions associated with acne and their significance to diagnosis and treatment
- The analysis of acne – the grading system
- Specific considerations for adult acne
- Types of Acne Scarring
- Diet, lifestyle and other influential factors. The holistic approach to treating acne
- The consultation of the acne client – which questions to ask and how to interpret the answers

Treatment protocols for acne including: The five phase approach

- Product based therapy
- Oral medication
- Topical POMs
- Laser / IPL treatment
- Chemical skin peeling
- Skin needling
- Treating adult acne in the mature skin

Certification

- The Institute of Skin Health and Clinical Aesthetics – IISCHA
- CPD Certification – 8 Points



Professional Development Courses

in Skin Health & Cosmetic Dermatology

Mode of Delivery & Resource Provision

- Direct and interactive delivery
- Delegate centred learning and consolidation activities
- Hard copy delegate notes
- Power point presentations
- Activity exercises
- OR online delivery coming soon – please register your interest

Course Timing

- One day (8 hours)

Cost

- £195

To request our professional
development course schedule
or for further information:

Call: 01527 919880

Email: admin@sallydurant.com

Or visit: www.sallydurant.com

