

# BODY CONTOURING TRAINING

The Body Contouring course offers comprehensive training in advanced body aesthetics techniques. From lipolytics and 12D HIFU technology to wood therapy and needle-free mesotherapy, participants will master various tools for enhancing body contour. The course also includes training in hair treatments and marketing strategies.

## METHODOLOGY:

- Theoretical classes with visual support and scientific documentation.
- Live demonstrations by specialists.
- Supervised practical sessions with immediate feedback.
- Access to a professional forum and ongoing advice.

## WHAT WILL YOU LEARN?

- You will master the most advanced techniques in body contouring and hair treatments.
- You will be trained to perform precise evaluations and design customized treatment plans.
- You will be able to effectively and safely apply the learned treatments, maximizing results for your clients.

## COURSE CONTENT:

This syllabus is designed to provide comprehensive and up-to-date training in the field of body aesthetics, equipping professionals with the necessary tools and knowledge to excel in today's competitive market.



### 1 INTRODUCTION TO BODY CONTOURING

- Overview of body aesthetics and analysis of market demand.
- Evaluation and diagnosis of the patient.
- Principles of safety and professional ethics.



### 2 LIPOLYTICS FOR THE TREATMENT OF LOCALIZED FAT

- Mechanisms of action of lipolytics in facial and body treatments.
- Application techniques for adiposity reduction.
- Protocols and post-treatment follow-up.



### 3 12D HIFU TECHNOLOGY IN BODY AESTHETICS

- Fundamentals of High-Intensity Focused Ultrasound (HIFU).
- Specific protocols with 12D HIFU for lifting and body contouring.
- Equipment management and practical applications.



### 4 GLUTT UP AND BOOST UP: LIFTING AND TONING

- Procedures for improving contour and buttock lifting (Glutt UP).
- BOOST UP techniques for chest toning and dermal stimulation.
- Integration of these treatments into clinical practice.



### 5 WOOD THERAPY: TECHNIQUE AND BENEFITS

- History and principles of wood therapy.
- Handling of the instruments and application of the technique.
- Practical sessions and advanced methods.



### 6 NEEDLE-FREE BODY MESOTHERAPY

- Alternatives to traditional mesotherapy and the technology used.
- Application and protocols for cellulite treatment and toning.
- Combination with other aesthetic treatments.



### 7 CLINICAL PRACTICE: REAL CASES AND OUTCOME STUDIES

- Observation and participation in treatments with patients.
- Documentation and analysis of cases before and after.
- Strategies for managing expectations and improving client satisfaction.



### 8 FREE BONUS: HAIR TREATMENT TRAINING

- Fundamentals of trichology and health of hair and scalp.
- Techniques for non-invasive hair treatments.
- Protocols and practices to improve hair quality.



### 9 MARKETING AND PROMOTION OF BODY CONTOURING SERVICES

- Creation of service packages and pricing strategies.
- Digital marketing and online reputation management.
- Development of a value proposition and customer loyalty.



### 10 EVALUATION AND CERTIFICATION

- Theoretical tests and assessment of acquired practical skills.
- Presentation of customized case studies.
- Approval criteria and certification ceremony.

## WHY CHOOSE US?

### YOU WILL RECEIVE:

- Professional starter kit,
- Official certification,
- Post-training support and advice,
- Marketing materials,
- Protocols,
- Technical data sheets,
- Consent forms,
- Special discounts on products and much more

## BEFORE & AFTER:

