



M.A.C  
INTERNATIONAL  
ACADEMY

MEDICAL AESTHETICS COACHING

## **COURSE OUTLINE**

AS PER GLOBAL STANDARDS  
CURRICULUM FOR

DIPLOMA IN CLINICAL COSMETOLOGY  
DIPLOMA IN MEDICAL TRICHOLOGY  
DIPLOMA IN NUTRITION & DIETETICS





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## 3 MONTHS MODULE

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WEEK 0 MINDSET CLASSIFIED SECRET

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WEEK 1 INTRODUCTION TO AESTHETICS

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WEEK 2 ANALYSIS Skin/Hair/Nutrition

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Week 3 Basic Skin/Hair/Nutrition conditions

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Week 4 Basic Skin/Hair/Nutrition Therapies

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Week 5 Advance Skin/Hair/Nutrition conditions

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Week 6 Advance Skin/Hair/Nutrition therapies

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Week 7 Cosmetology VPH \*

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Week 8 Trichology VPH \*

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Week 9 Dietetics & Nutrition VPH\*

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Week 10 Lasers & Light Rx

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Week 11 How To Prescribe Routines/Therapies in C/T/N&D

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Week 12 Setting up & Journey ahead

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## MODULE & ITS CONTENTS

### 1.1 ***INTRODUCTION TO AESTHETICS***

- 1.1.1 ANATOMY & PHYSIOLOGY OF SKIN
- 1.2.1 ANATOMY & PHYSIOLOGY OF HAIR
- 1.3.1 INTRODUCTION TO NUTRITION & DIGESTIVE ANATOMY

### **WORKSHEETS & REFERENCE BOOKS & POSTERS**

### 2.1 ***ANALYSIS / DIAGNOSIS / PROTOCOLS IN AESTHETICS***

- 2.1.1 TYPES / CLASSIFICATION OF SKIN
- SKIN ANALYSIS
- 2.2.1 TYPES CLASSIFICATION OF HAIR
- HAIR ANALYSIS
- 2.3.1 FOOD VALUATION ANALYSIS
- WEIGHT ANALYSIS CALORIE & BODY ANALYSIS
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**PATIENT CONSULTATION AND SELECTION WORKSHEET &  
COMPLETE GUIDE , CLINIC/ USE PRINT MATERIALS**



## **MODULE & ITS CONTENTS**

### **3.1 *BASIC SKIN HAIR NUTRITION CONDITIONS***

- **COSMETOLOGY**
- ACNE
- SUNBURN /SUN SPOTS
- MILIA COMODONES
- MELASMA / FREKELS / SKIN TAGS / PIGMENTATION
- WRINKLES , SAGGING
- UNDER EYE DARK CICLES
- UNDERARM PIGMENTATION

- **TRICHOLOGY**
- HAIRFALL
- HAIR LOSS
- GREYING HAIR
- PATCHY BEARD AND HAIR
- DANDRUFF
- ITCHING ON SCALP



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## NUTRITION & DIETICS

- WEIGHT GAIN
- OBESITY
- WEIGHT LOSS
- ANOREXIA
- IRREGULAR PERIODS
- PCOD/PCOS
- FAD DIETS

WORKSHEET , AND USE TEMPLATES FOR DIAGNOSIS

### 4.1 ***BASIC SKIN HAIR NUTRITION TREATMENTS & THERAPIES***

4.1 **SKIN** ROUTINES & THERAPIES

TREATMENTS FOR BASIC CONDITIONS

4.2 **HAIR** ROUTINES & THERAPIES

TREATMENTS FOR BASIC CONDITIONS



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## 4.3 NUTRITION & DIETETICS

- WEIGHT LOSS DIETS
- WEIGHT GAIN DIETS
- PCOS BETTER WOMEN HEALTH DIETS

WORKSHEETS , CLINICAL PRACTICE SHEET

## 5.1 ***ADVANCED SKIN HAIR NUTRITION CONDITIONS***

### **COSMETOLOGY**

- ACNE ROCESEA
- ACNE VULGARIS
- KELLOID
- HYPERTROPHIC SCAR
- BACTERIAL INFECTIONS
- FUNGAL INFECTIONS
- VIRAL INFECTIONS
- VITILIGO
- CORNS CALLUS WARTZ



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## **TRICHOLOGY**

- ALOPECIA AREATA
- ALOPECIA
- MALE PATTERN BALDNESS
- FEMALE PATTERN BALDNESS
- INFECTIONS OF HAIR AND SCALP
- HIRSUTISM
- OTHER HAIR CONDITIONS

## **NUTRITION & DIETETICS**

- DIABETES AND SUGAR CONTROL
- HIGH BLOOD PRESSURE
- BONE PROBLEMS
- ARTHRITIS
- PREGNANCY & LACTATION
- ATHLETICS & SPORTS NUTRITION

## **6.1 *ADVANCED SKIN , HAIR NUTRITION TREATMENTS***



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## **7.1 *COSMETOLOGY VIRTUAL PRAGMATIC HANDS ON MACHINE DEMOS , USE , PRACTICALS***

- CHEMICAL PEELS
- Electrocautery RF Techniques
- Mole & Skin Tags Removal
- Micro-Dermabrasion
- Mesotherapy
- SKIN INJECTIONS PRP
- HIGH FREQUENCY
- ULTRASOUND
- RF SKIN FIRMING
- BIO
- HYDRAFACIAL
- GALVANIC
- MNRF
- DERMAPEN
- DERMAROLLER
- ALL LATEST UPDATED MACHINES TOOLS IN LIVE





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## **8.1 *TRICHOLOGY VIRTUAL PRAGMATIC HANDS ON MACHINE DEMOS , USE , PRACTICALS***

- LASER FOR HAIR
- HIGH FREQUENCY
- PRP
- DERMA ROLLER DERMA PEN
- LLLT HAIR
- STEAMRX
- HAIR INJECTABLES
- MESO FOR HAIR
- HAIR PATCH WEAVING BONDING
- HAIR TRANSPLANT
- ALL LATEST UPDATED MACHINES TOOLS IN LIVE



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## **9.1 *NUTRITION VIRTUAL PRAGMATIC HANDS ON MACHINE DEMOS , USE , PRACTICALS***

- COOLSCULPTING
- FREEZE FAT REMOVAL
- NARF Lypolysis -
- Body Contouring & Shaping with Radio Frequency.
- Ultra Lipolysis (U-Lipo) -
- Non Surgical machine
- Meso-Lipolysis & Toning for Inch Loss
- Electronic Muscle Stimulators for Tummy Tucks, Thigh Tucks
- Mechanical Fat Mobilisers with Cellulite Mobiliser.
- Electronic Thermal treatment with Cellu-Therm machine.
- EMS



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## **10.1 INTRODUCTION TO LASERS & LIGHT RX & PRACTICALS**

- 10.1 BASICS OF LASER
- IPL
- LASER HAIR REDUCTION
- DIODE LASER
- TATTO REMOVAL LASER
- Q SWITCH LASER
- HIFU & LASER
- LASER SKIN WHITENING
- LASER MOLE REMOVAL
- SKIN REJUVENATION LASER
- VAGINAL REJUVENATION LASER
- NEW TECHNOLOGIES
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## 11 .1 ***PRESCRIBING SKIN HAIR NUTRITION ROUTINES , PRODUCTS & DIETS***

- COSMETOLOGY MEDICINE / PRODUCTS /DIETS  
DISCUSSION
- TRICHOLOGY MEDICINE / PRODUCTS / DIETS /  
DISCUSSION
- NUTRITION AND DIETETICS MEDICINE / PRODUCTS /  
DIETS DISCUSSION
- OTC PRODUCT DISCUSSION
- CREATING YOUR PRACTICE
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## 12.1 ***SETTING UP YOR PRACTICE***

12.1 READY FOR LAUNCH

12.2 DCAM DREAM CLIENT ATTRACTION METHOD

12.3 EXAM & VIVA PREPARATION

12.4 INTERNSHIP PROGRAMME @ MUMBAI

ALL TOOLS TEMPLATES DONE FOR YOU WILL BE PROVIDED