

# Internship Program

## Antiaging



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Internship Program  
Antiaging

# Index

01

Introduction

---

*p. 4*

02

Why Study an  
Internship Program?

---

*p. 6*

03

Objectives

---

*p. 8*

04

Educational Plan

---

*p. 10*

05

Where Can I Do the  
Internship Program?

---

*p. 12*

06

General Conditions

---

*p. 20*

07

Certificate

---

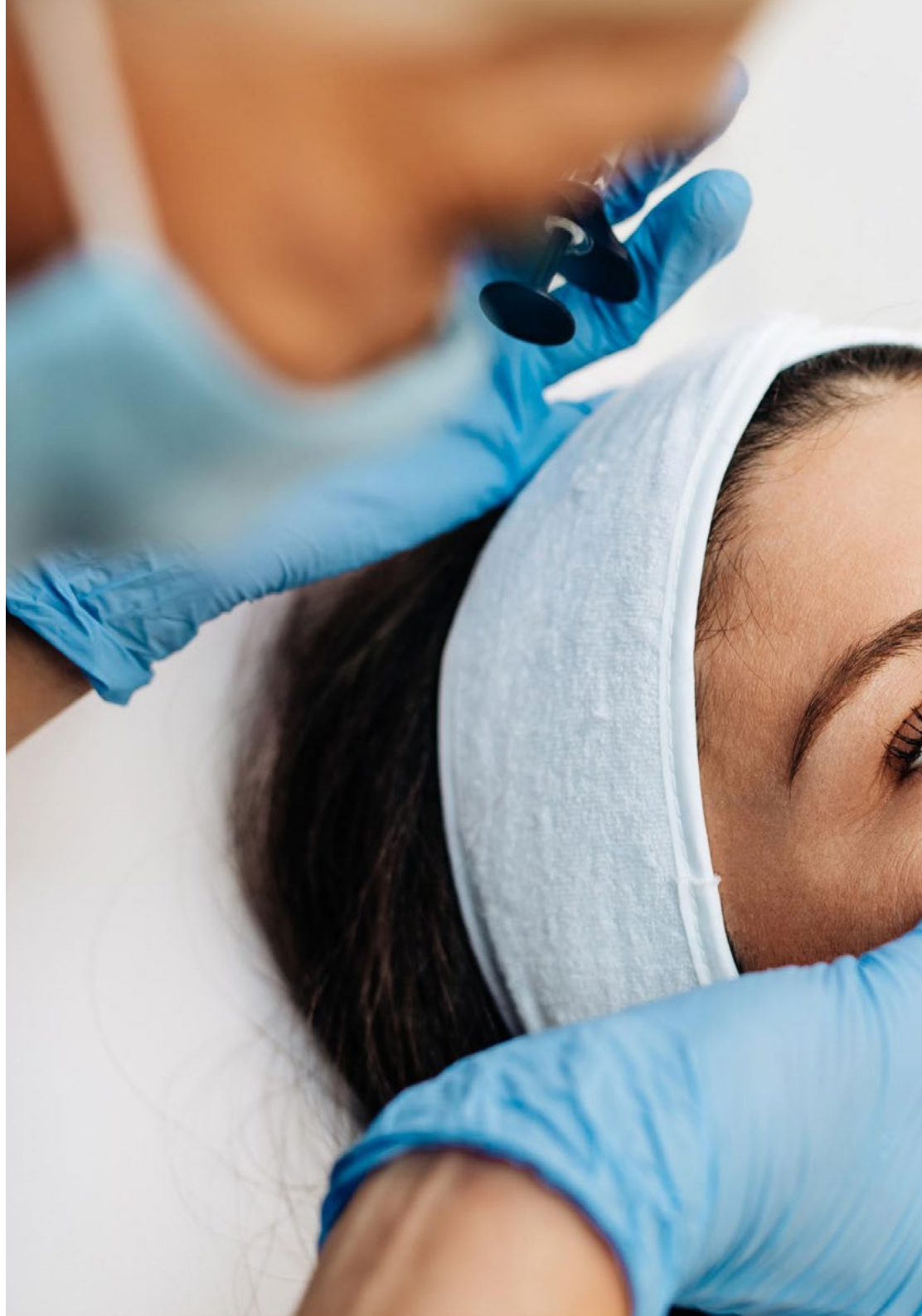
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# 01 Introduction

The advances in anti-aging medicine are many. The main trend is towards increasingly less invasive techniques that avoid the operating room. Regenerative Medicine, Ozone Therapy, Carboxitherapy, plasma rich in growth factors, among others share the same purpose: to improve patients' quality of life. That is why TECH, aware of this boom and the need for true professionals in the area, has developed this 100% practical program where the student can be updated with the most reputable experts with the latest technology that this type of procedure requires. During 3 weeks you will be in charge of real cases together with an assigned tutor who will accompany you throughout the process.



*Get up to date on the most requested anti-aging techniques by patients today and those that are spearheading Aesthetic Medicine"*





Antiaging is an anti-aging technique that aims to improve patients' quality of life and overall health. Antiaging treatments help to prevent, detect, treat and check the processes that are generated with aging that, despite being completely normal, must also be monitored to avoid any type of health complications.

Among the most recognized are hormone therapies, platelet-rich plasma, dermocosmetics, stem cells, botulinum toxin, hyperbaric medicine and other treatments applied with appliances and lasers. In addition, there are more and more opportunities for this type of medicine because scientific and technological studies do not stop. This is how the health professional must be updated to offer the best solutions to their patients so that they can find the ideal state of health and aesthetics they desire.

All these treatments are accompanied by diagnostic methods and tests to identify the possibilities of each case. This Practical Training also includes physiological evaluation, personalized prescription of physical activity, personalized diets, rehabilitation strategies, pharmacological treatment and many other activities of the health professional specialized in Antiaging.

There will be a 120 hourstay in a state-of-the-art clinical center chosen by the student from among various options that only TECH can offer, both within and outside the national territory You will have a designated tutor who will accompany you throughout the process of incorporating new techniques to your daily clinical practice.

# 02

## Why Study an Internship Program?

Medicine is advancing by leaps and bounds, and one of the areas that is gaining strength is aesthetics. There are many job opportunities in the sector as well as the need of patients to find solutions to help them improve their quality of life, so updating in this area is a unique opportunity for expansion. This program developed by TECH and its team of experts contains updated content on the most effective and safe anti-aging techniques that the student will be able to apply in a real working field and with live patients. All under the specialized perspective of the assigned tutor who will accompany the student in the procedures and the multidisciplinary team present in the national or international state-of-the-art clinic where the activity takes place.



*This 3-week 100% practical academic program will allow you to expand your perspective on Antiaging therapies and their most up to date methodologies"*

### 1. Updating from the Latest Technology Available

In research and science, anti-aging processes such as plasma rich in growth factors have shown positive results in a very short time in patients seeking to improve their health and quality of life. This program will be an ideal sample of all that technology has allowed in the area and the different options that exist to apply less invasive and safe treatments to improve the aesthetics of the patient.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

The professional will have at all times the advice and support of professional experts in anti-aging therapies in a specialized center with the most appropriate technical resources. All this is a first class endorsement and a guarantee of unprecedented updating.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all available centers for Internship Programs. In this way, the specialist will have guaranteed access to a state-of-the-art clinical environment in terms of Antiaging therapies and prestige, so they will be able to be in charge of various clinical cases with real patients.



#### **4. Putting the acquired knowledge into daily practice from the very first moment**

TECH offers a new learning model, 100% practical, which allows you to get to know the latest procedures in the field of Antiaging Health and Aesthetics and, best of all, to put it into professional practice in just 3 weeks.

#### **5. Expanding the Boundaries of Knowledge**

By enrolling in this program, TECH offers you the possibility of completing this Practical Training in prestigious clinical centers in an international and national environment, which will enhance the differentiation of the experience. This way, the specialist will be able to expand their frontiers and catch up with the best professionals, who practice in first class centers and in different continents.



*You will have full practical immersion  
at the center of your choice"*

# 03 Objectives

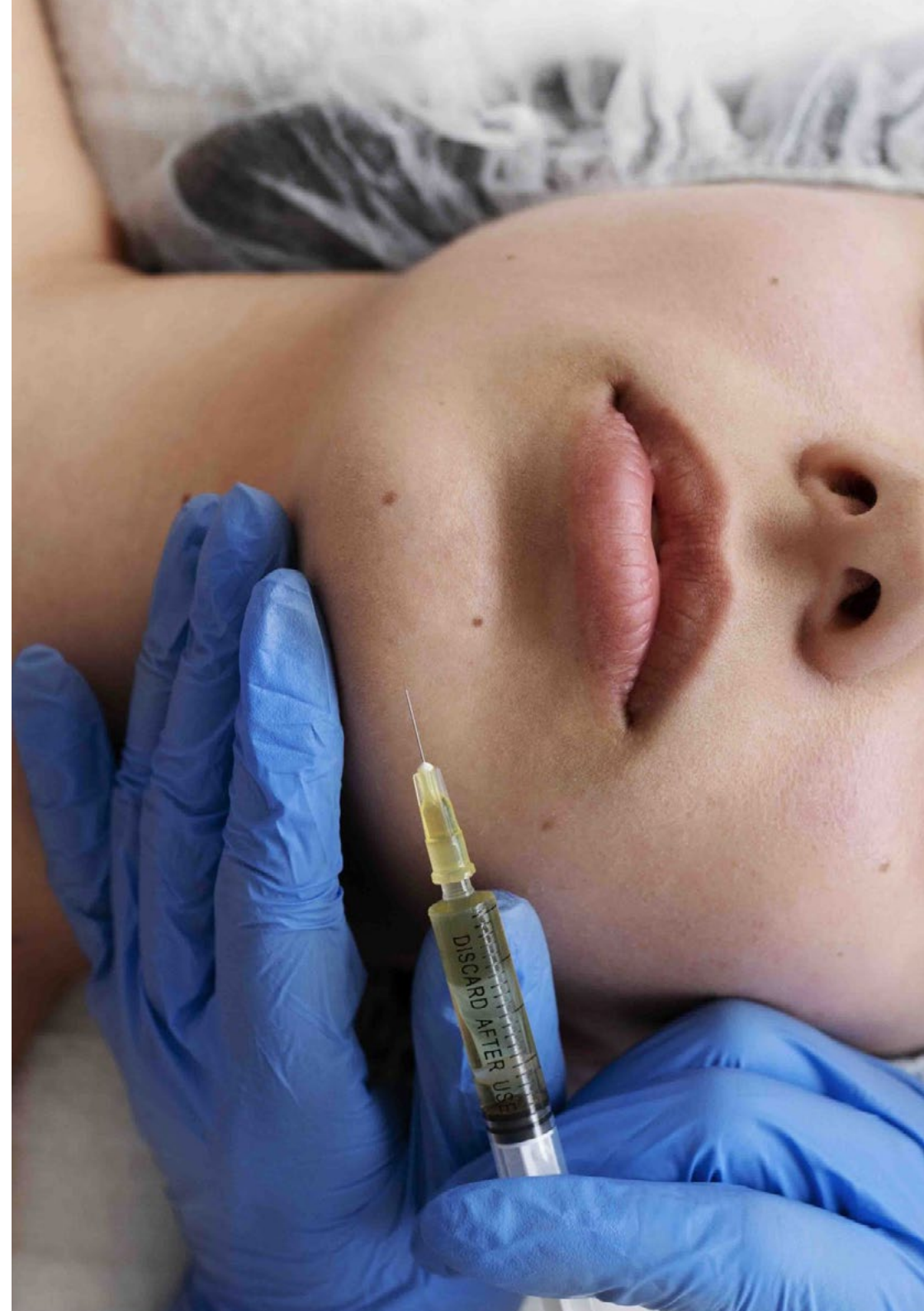
In order for the professional to be updated on the most recent studies and progress in Antiaging medicine, TECH has designed this 100% practical space with a catalog of activities that will be developed over 3 weeks in a prestigious clinical center in different parts of the world and at their own choice. Where you will learn about the latest procedures to improve the aesthetics and health of people, with the most specialized technical and human resources.



## General Objectives

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- Examine the major developments in anti-aging medicine
- Knowledge of neurovegetative and neuroadaptive therapies
- master the most common therapies applied in aesthetic medicine practices with antiaging treatments
- Monitor the patient's diagnostic and analytical methods globally and evaluate results by following up with the patient and other specialties







## Specific Objectives

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- ♦ Understand the aging mechanisms associated with mitochondria
- ♦ Define telomere-related aging processes
- ♦ Establish the relationship between immunosenescence, aging and disease onset
- ♦ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ♦ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual
- ♦ Describe the role of stress and related hormones in relation to aging
- ♦ Developing the close interrelationship between neurodegeneration and melatonin deficiency
- ♦ Determine the important role played by GH in the different stages of human life
- ♦ Analyze the hormonal aspects involved in menopause as an accelerated example of aging in women
- ♦ Determine the difference between synthetic and bioidentical hormones and understand their usefulness in anti-aging medicine
- ♦ Achieve the capabilities to initiate hormone therapy prescribing
- ♦ Determine the different techniques for the physiological assessment of the patient
- ♦ Know the importance of physical activity on certain pathologies such as cancer, musculoskeletal, cardiovascular and respiratory pathologies
- ♦ Analyze trends for recovery and re-adaptation to effort
- ♦ Diagnose the main problems associated with female genital aging, whether or not associated with menopause
- ♦ Determine the applicability of different female genital rejuvenation techniques and be able to combine them with each other
- ♦ Evaluate the degree of skin aging and be able to develop a cosmetic treatment plan accordingly in consultation
- ♦ Eliminate taboos regarding therapies related to hematic derivatives
- ♦ Identify diseases developed by nutritional deficiencies and how to avoid them



*Develop your career with greater confidence in a global and competitive market of specialists in Anti-Aging Medicine. Master the most effective and up-to-date and updated techniques with this program"*

# 04 Educational Plan

This program consists of an intensive stay in a center of Aesthetic Medicine or clinical center of reference, where the professional will be able to put into practice their skills and knowledge in terms of Antiaging medicine and learn about the latest advances in the area. You will work with a specialized and multidisciplinary medical team that will accompany you throughout the process and will recognize the different advantages of personalized diagnostic and therapeutic methods according to the latest scientific evidence.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

This exclusive opportunity offered by TECH will allow you to compile the therapeutic alternatives available in the Anti-Aging medicine practice and integrate them into your daily clinical practice. This will be done in intensive daily sessions from Monday to Friday to complete the 120 hours of practice, in a modern setting and with the presence of numerous cases that will allow you to perfect your professional profile.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of medicine Antiaging(learning to be and learning to relate).



The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>Clinical Consultation in Antiaging Medicine</b>	Indicate the main laboratory tests necessary for a complete antiaging medicine consultation, as well as to be able to expand to more advanced studies taking into account the patient's nutritional and physical activity status
	Evaluate results and schedule follow-up, as well as interdisciplinary relationships if necessary
	Design personalized treatment protocols, where pharmacological treatment of obesity may be indicated. GLP1-Liraglutide or dietary supplementation according to the case
	Prescribe personalized physical activity
	Design a marketing plan to promote the services of the practice and attract ideal clients
<b>Neurological and Psychological Aspects of Antiaging Medicine</b>	Indicate meditation for neurological rejuvenation
	Indicate Scenar therapy for the treatment of chronic pain patients
	Applying neural therapy to treat neuropathic pain
	Evaluate circadian rhythms and jet lag in patients to improve quality of life
<b>Minimally Invasive Therapies</b>	Use Autohemotherapy Applicable to Regenerative Medicine
	Apply Ozone Therapy to improve the patient's overall health status
	Working with Stem Cell Therapy in the Aging Process
	Indicate Autohemotherapy, Carboxitherapy, Oxidermotherapy or Hyperbaric Medicine according to each patient's need
	Apply plasma rich in growth factors for tissue regeneration and repair

Module	Practical Activity
<b>Appliances and Lasers Applied to Antiaging Medicine</b>	Apply treatments for the prevention of skin aging, as well as other tissues with Intense Pulsed Light, Q-switched Laser, Erbium Laser, NEODIMIO-YAG Laser, Fractional CO2 Laser, Plasmalaser, Radiofrequency or Cryolipolysis
	Evaluate the degree of skin aging and be able to develop a cosmetic treatment plan accordingly in consultation
	Plan strategies for preventive action against facial aging
	Use of laser devices to reduce fine lines, scars and age spots
<b>Genital Antiaging Medicine</b>	Apply the various techniques available in male genital rejuvenation
	Diagnose the main problems associated with female genital aging, whether or not associated with menopause
	Apply the different female genital rejuvenation techniques and combine them with each other, such as platelet-rich plasma or carboxytherapy and radiofrequency
	Use Hyaluronic Acid Fillers in Male Genital Anti-Aging Medicine and women



*Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"*

# 05 Where Can I Do the Internship Program?

TECH, in its eagerness to offer a quality update within the reach of most people, has chosen several centers around the national and international geography to provide this Practical Training. A unique opportunity that allows the professional to advance in their career in the area of Antiaging Medicine with the most updated resources and methods and the best experts at their side.



*You will use the techniques of Genital  
Anti-Aging Medicine with the most  
revolutionary treatments"*





The student will be able to do this program at the following centers:



Medicine

### Clínica Rosa Mora

Country	City
Spain	Alicante

Address: C/ de San Carlos, 109, 03013 Alacant, Alicante, España

Advanced aesthetic clinic with the highest level of clinical equipment.

**Related internship programs:**

- Aesthetic Medicine
- Advanced Esthetic Medicine



Medicine

### Clínica Odita

Country	City
Spain	Tarragona

Address: Rambla Nova, 2, 1ª 1ª, 43004 Tarragona

Advanced aesthetic and anti-aging clinic

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine

### Unidad Medicina Estética Hospital Viamed Novo Sancti Petri

Country	City
Spain	Cádiz

Address: Av. Octavio Augusto, s/n, 11139 Chiclana de la Frontera, Cádiz

Clinic for advanced non-surgical skin treatments

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine

### Dermaes

Country	City
Spain	Madrid

Address: C. del Marqués de la Valdavia, 107, 28100 Alcobendas, Madrid

Aesthetic medicine center specializing in facial rejuvenation

**Related internship programs:**

- Esthetic Nursing



Medicine

### Ferraro Clínica Medicina Estética

Country	City
Spain	Madrid

Address: Calle de Serrano, 61, 28006, Madrid

We are a medical aesthetic clinic that was created with the aim of making people feel more beautiful and better about themselves, taking care of them through aesthetic medicine.

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Adelgar

Country	City
Spain	Madrid

Address: Calle de Francisco Silvela, 71, 1ª (28028) Madrid

Clinical Center specialized in slimming treatments

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine

### Clínica Famed Coslada

Country	City
Spain	Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

**Related internship programs:**

- Advanced Integrative Medicine and Health
- Aesthetic Medicine



Medicine

### Varicentro-Jerez de la Frontera

Country	City
Spain	Cádiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Obesity
- Aesthetic Medicine



Medicine

### Varicentro-Huelva

Country	City
Spain	Barcelona

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Esthetic Nursing
- Obesity



Medicine

### Varicentro-Sevilla-Nervión

Country	City
Spain	Seville

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition for Nursing
- Esthetic Nursing



Medicine

### Varicentro-Madrid centro

Country	City
Spain	Madrid

Address: Calle Don Ramón de la Cruz, 79, local 4 (esq. Calle Conde Peñalver) 28001 Madrid

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

**Related internship programs:**

- Clinical Nutrition for Nursing
- Aesthetic Medicine



Medicine

### Clínica Integria

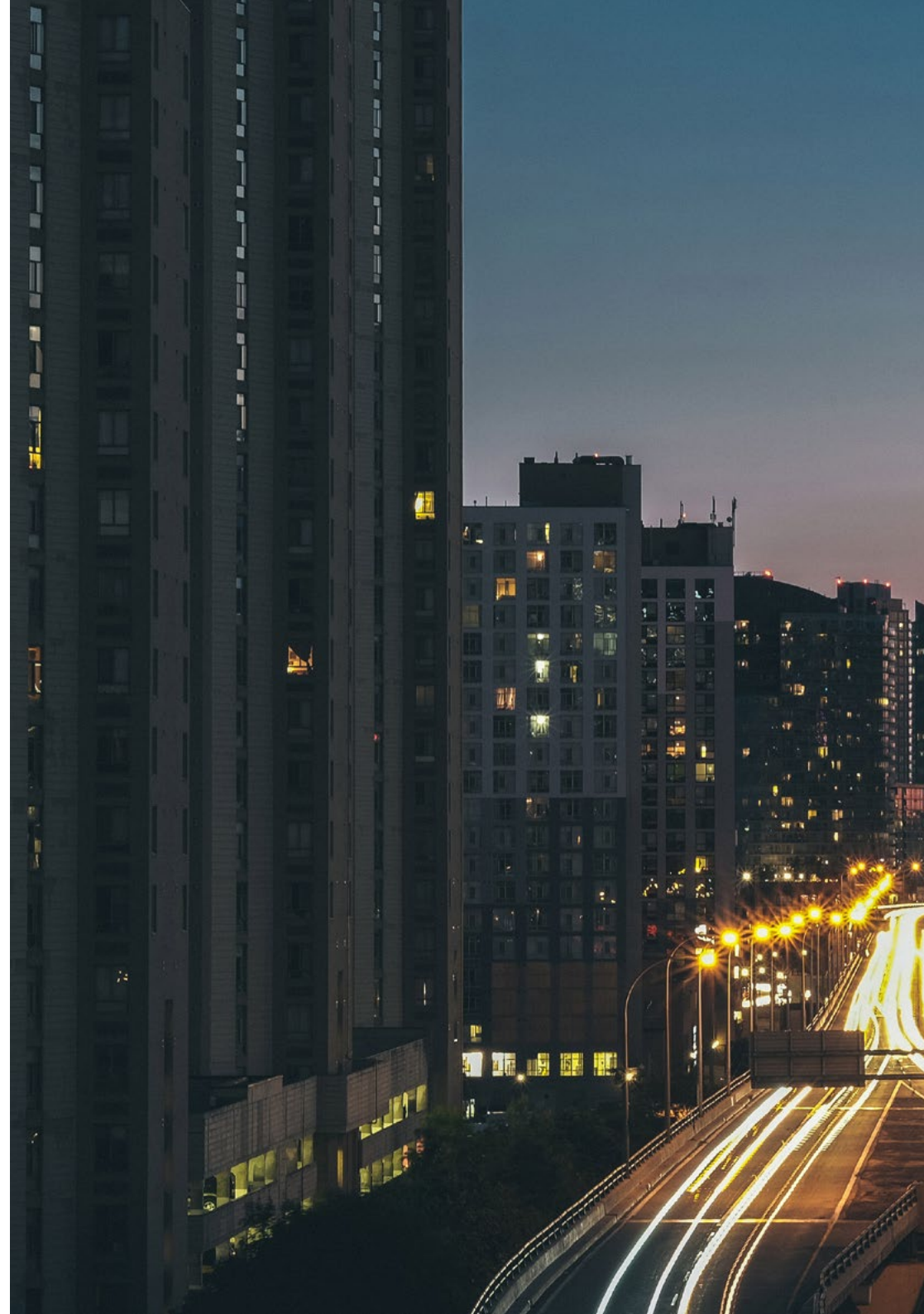
Country	City
Spain	Granada

Address: Calle Torre de Comares, 2, 18007 Granada

INTÉGRIA, clinic with more than 20 years of experience of experience in Aesthetic Medicine, General Medicine, Capillary Surgery and Aesthetic Surgery.

**Related internship programs:**

- Clinical Analysis
- Aesthetic Plastic Surgery





Medicine

### Novaderm

Country City  
Spain Albacete

Address: C. Albarderos, 2, 02004 Albacete

Novaderm is a clinic of Aesthetic Medicine since 2018 with almost 20 years of experience in Medicine.

**Related internship programs:**

- Antiaging
- Aesthetic Medicine



Medicine

### Sebell Clinic

Country City  
Spain Barcelona

Address: C/ del Consell de Cent, 325, 08007 Barcelona

Sebell Clinic are Experts in Aesthetic Medicine and Facial Surgery in Barcelona

**Related internship programs:**

- Aesthetic Medicine
- Advanced Esthetic Medicine



Medicine

### Clínica Londres Rosselló

Country City  
Spain Barcelona

Address: C/ del Rosselló, 231, 08008 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Esthetic Nursing
- Antiaging



Medicine

### Clínica Londres Lagasca

Country City  
Spain Madrid

Address: Calle de Lagasca, 95, 28006 Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Gynecoesthetics



Medicine

### Clínica Londres d'Entença

Country	City
Spain	Barcelona

Address: C/ d'Entença, 321, 08029 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres Málaga

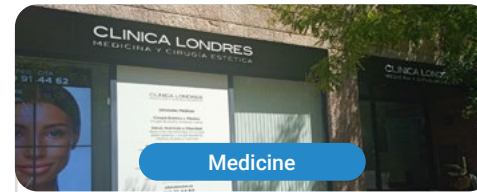
Country	City
Spain	Malaga

Address: Paseo Reding, 51, 29016 Málaga

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Diego de León

Country	City
Spain	Madrid

Address: Calle de Diego de León, 21, 28006 Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Gynecoesthetics



Medicine

### Clínica Londres Murcia

Country	City
Spain	Murcia

Address: Av. Juan Carlos I, 21, 30008 Murcia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Esthetic Nursing



Medicine

### Clínica Londres Plaza Francesc Macià

Country	City
Spain	Barcelona

Address: Plaza de Francesc Macià, 3, 1r porta 1, 08021 Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres A Coruña

Country	City
Spain	A Coruña

Address: Avenida Finisterre, 30, 15004 A Coruña

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery



Medicine

### Clínica Londres Bilbao-Guggenheim

Country	City
Spain	Vizcaya

Address: Mazarredo Zumarkalea, 67, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres Palma de Mallorca

Country	City
Spain	Balearic Islands

Address: C/ Barón de Pinopar 9, 07012 Palma, Balears

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine





Medicine

### Clínica Londres Tarragona

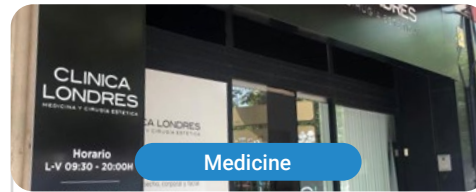
Country City  
Spain Tarragona

Address: Calle Enric d'Ossó, 2, 43005 Tarragona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres Valencia

Country City  
Spain Valencia

Address: Gran Vía de Ramón y Cajal, 41, 46007 Valencia

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres Zaragoza

Country City  
Spain Zaragoza

Address: P.º de Sagasta, 4, 2º Izquierda, 50006 Zaragoza

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

### Clínica Londres Sabadell

Country City  
Spain Barcelona

Address: Plaza Lluís Casassas, 6, 08202 Sabadell, Barcelona

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Bilbao-Ajuriaguerra

Country City  
Spain Vizcaya

Address: Calle Juan Ajuriaguerra Kalea, 21, Bajo, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Getafe

Country City  
Spain Madrid

Address: C. Jardines, 21, 28901 Getafe, Madrid

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Sevilla-Nervión

Country City  
Spain Sevilla

Address: Av. Eduardo Dato, 29, 41018 Sevilla

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Sevilla-Los Remedios

Country City  
Spain Sevilla

Address: Av. Pdte. Adolfo Suárez, 20, Local Bajo, 41011 Sevilla

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

**Related internship programs:**

- Aesthetic Medicine
- Antiaging



Medicine

### Clínica Londres Ciudad Real

Country City  
Spain Ciudad Real.

Address: C. Prado, 6, 13001 Ciudad Real

Specialists in Aesthetic Medicine  
and Plastic-Reparative Surgery

**Related internship programs:**  
- Advanced Esthetic Medicine  
Antiaging



Medicine

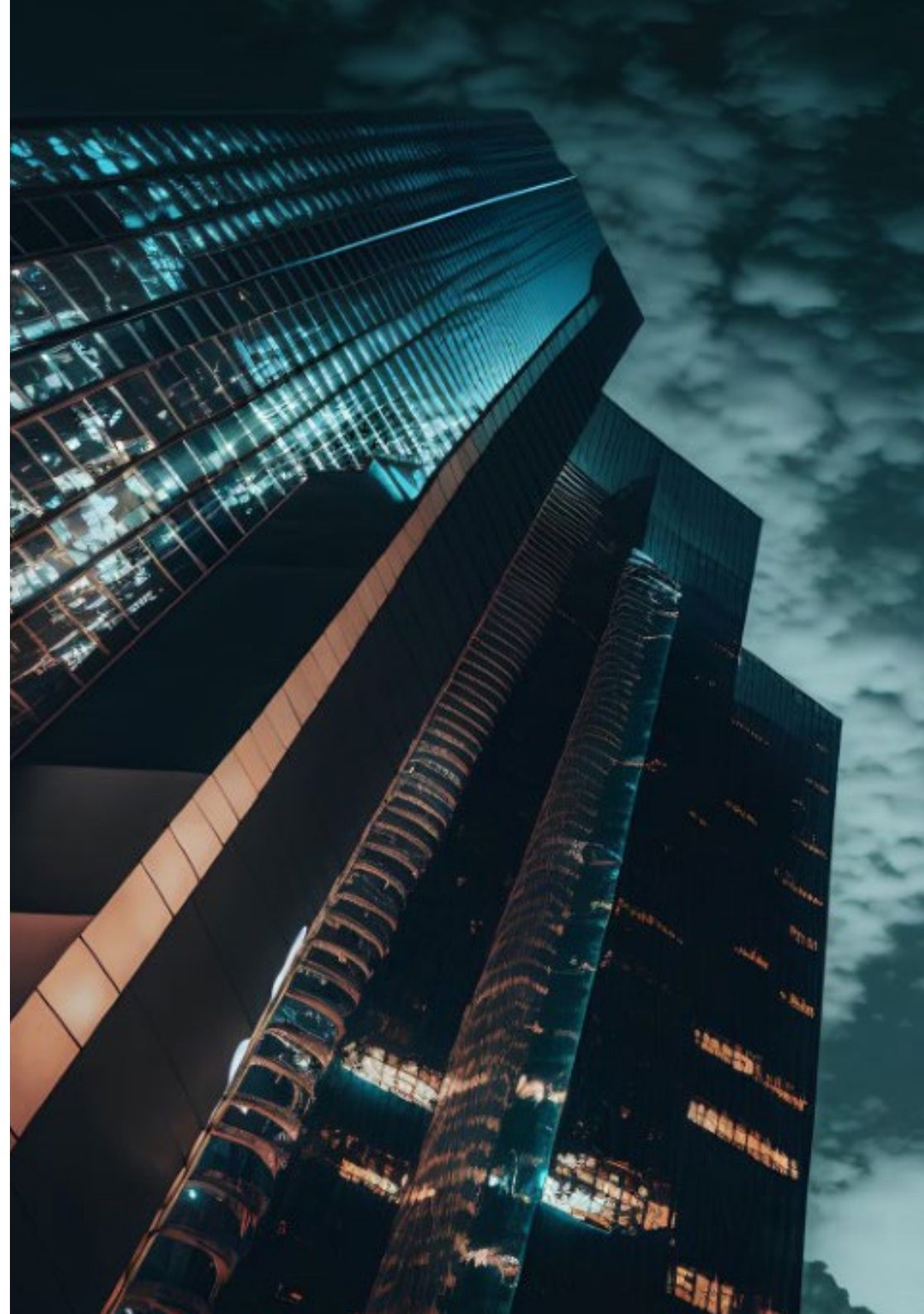
### Clínica Londres San Bernardo


Country City  
Spain Madrid

Address: C. de San Bernardo,  
113, 28015 Madrid

Specialists in Aesthetic Medicine  
and Plastic-Reparative Surgery

**Related internship programs:**  
- Advanced Esthetic Medicine  
Antiaging





**Medicine**

### Clínica Londres Pamplona

Country	City
Spain	Navarra

Address: C. de Iñigo Arista, 7, 31007 Pamplona, Navarra

Specialists in Aesthetic Medicine and Plastic-Reparative Surgery

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**Related internship programs:**  
- Advanced Esthetic Medicine  
Antiaging



*Delve into the most relevant theory in this field, subsequently applying it in a real work environment"*

# 06

## General Conditions

### Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows: follows:

**1. TUTOR:** During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

**2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

**3. ABSENCE:** If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Internship Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 07 Certificate

This **Internship Program in Antiaging** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery\*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Antiaging**

Duration: **3 weeks**

Course Modality: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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Internship Program  
Antiaging

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## Antiaging



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