

# Postgraduate Certificate

Mesotherapy and  
Intradermotherapy for Body,  
Face and Hair





## Postgraduate Certificate

### Mesotherapy and Intradermotherapy for Body, Face and Hair

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/mesotherapy-intradermotherapy-body-face-hair](http://www.techtute.com/us/medicine/postgraduate-certificate/mesotherapy-intradermotherapy-body-face-hair)

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# 01

# Introduction

Mesotherapy and intradermotherapy for body, face and hair are aesthetic medical treatments that have gained great popularity due to their effectiveness in different areas of the body. These techniques consist in the application of small doses of active substances in the skin or subcutaneous tissue, using different manual techniques, with gun or microneedles. Physicians specialized in these treatments must have in-depth knowledge of the most important active substances, their chemical characteristics and their specific indications for each case. For this reason, TECH has created the following 100% online degree that seeks to provide up-to-date and rigorous information to the medical professional about these practices. All this in a convenient format easily accessible from any device with internet connection.





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*You will be able to develop this Postgraduate Certificate from anywhere you want, you will only need an internet connection"*

In a world increasingly concerned with aesthetics, mesotherapy and intradermotherapy have taken on a fundamental role in the medical context. As the demand for these treatments increases, so do patients' expectations. According to recent data, the demand for these practices has increased by 20% in the last two years, indicating that more and more people are looking for quick and effective solutions to their problems. For this reason, it is essential that physicians are properly trained in the application of these techniques and in the selection of the appropriate active ingredients.

Therefore, this Postgraduate Certificate designed by TECH, seeks to provide students with the most updated and rigorous knowledge of this medical field. Throughout the following weeks, the professional will be presented with essential information on clinical procedures, their repercussions and final recommendations. All this will be stored in the virtual campus, which can be accessed from any device with internet connection, without having to go to on-site centers or take classes at the same time.

In addition, this program is developed in a 100% online format and uses the Relearning methodology, which is based on continuous learning and constant updating. In this way, the professional will acquire new knowledge as they are confronted with real and simulated cases. Another advantage of this Postgraduate Certificate is that it has the participation of experts and specialists in the field, who have worked hard to pour into the curriculum the results of their research and scientific advances.

This **Postgraduate Certificate in Mesotherapy and Intradermotherapy for Body, Face and Hair** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in Mesotherapy and Intradermotherapy for Body, Face and Hair
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will delve into medical procedures for the treatment of cellulite, developing a broad knowledge of its intervention process"*

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*This degree will allow you to learn about the most important active principles of mesotherapy, including their chemical characteristics and indications”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning; that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

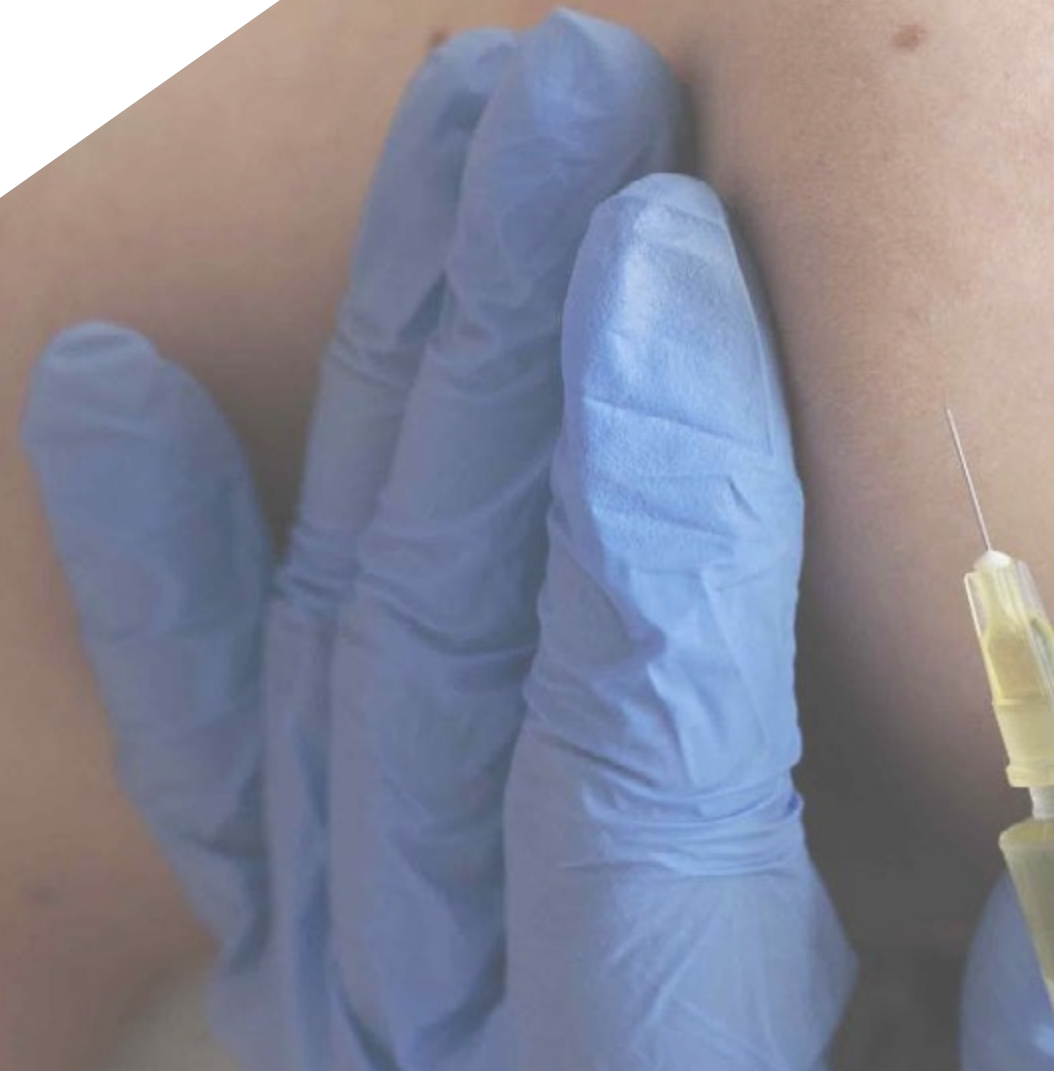
*Download the content of the program to your daily device and use it as often as you need it.*

*This program allows you to combine your healthcare work with the acquisition of new knowledge thanks to its flexible timetable.*



# 02 Objectives

To guarantee a rigorous training focused on the demands of the professional field, TECH has combined the best academic content with the innovative Relearning methodology. In this way, as the doctor advances in the development of the program, they will acquire through real cases and simulation, essential knowledge that will lead them to enhance their profile. In addition, they will have access to audiovisual resources and complementary readings, having access to valuable and cutting-edge information.





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*Get up-to-date with the different types of facial mesotherapy, those that use vitamins and others with hyaluronic acid”*





## General Objectives

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- ◆ Update the professional's knowledge in order to be a Aesthetic Medicine expert on the best and newest treatments and to know how to apply them in an adequate and individualized way for each patient
- ◆ Influence the establishment of the most innovative guidelines for an exquisite doctor-patient relationship
- ◆ Get updated on the most important advices regarding risk prevention, complications and emergency situations
- ◆ Learn about the latest developments in Aesthetic Medicine, its treatments and techniques in a way that is not purely theoretical, but through dynamic and practical material





## Specific Objectives

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- ◆ Know the applications of mesotherapy at facial, capillary and body level in the current Aesthetic Medicine
- ◆ Know in depth the most innovative mesotherapy techniques (manual and spray)
- ◆ Delve into their contraindications and side effects as a review



*The contents of this program will be presented using the latest technology, which will result in a more immersive experience"*

03

# Course Management

One of TECH's priorities when designing its programs is the formation of a teaching staff that provides knowledge and experience. Therefore, for this Postgraduate Certificate, has selected prestigious doctors and specialists in mesotherapy and intradermotherapy body, facial and hair. Besides directing the program, they have poured all their knowledge into the study plan, guaranteeing the medical professional exclusive access to high impact contents.

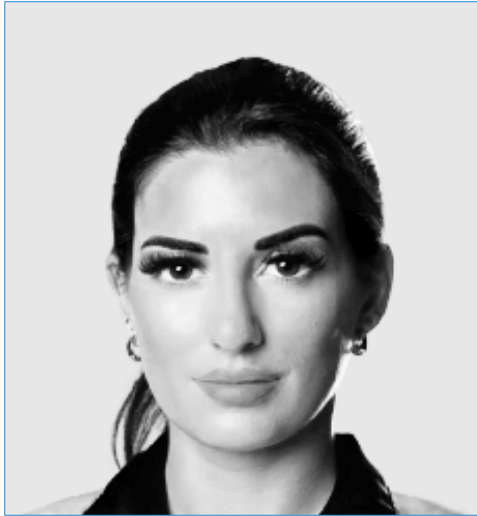




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*TECH has brought together in a single program the brightest minds in the field of esthetic medicine, ready to share with you the most recent advances in their science of study”*

## Management



### Dr. Ruiz Allende, Alba María

- ◆ Medical Director of Aesthetic Medicine of the Clínica Londres Group
- ◆ Director of the Department of Aesthetic Medicine in the IMEMA Clinic
- ◆ Aesthetic medicine workshops trainer
- ◆ University professor at the CEU and UCAM
- ◆ Professor of MIR preparation at CTO
- ◆ Clinical researcher and editor of the magazine Emergency Live
- ◆ Residency in the specialty of Family, Community and Emergency Medicine at the Hospital Clínico San Carlos
- ◆ Master in Aesthetic Medicine and Nutrition at the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Business Management from the Catholic University San Antonio of Murcia
- ◆ Master's Degree in Clinical Bioethics from UIMP

## Professors

### Dr. Moreno Sánchez, Isabel

- ◆ Specialist in Family and Community Medicine at the of Salamanca Hospital
- ◆ Nurse in multiple fields
- ◆ Occupational Risk Prevention Physician
- ◆ Speaker at several national congresses of General Medicine
- ◆ Diploma in Nursing from the University of Salamanca
- ◆ Medical Degree from Riga Stradins University

### Dr. Merayo López, Delia

- ◆ Physician at the Hemodialysis Unit of the Red Cross of Oviedo
- ◆ Degree in Medicine and Surgery in the University of Cantabria
- ◆ Master's Degree in SEMES Emergencies and Emergencies, Francisco University of Vitoria



# 04

# Structure and Content

The syllabus of this program has been designed by TECH and its team of medical specialists in the field of mesotherapy and intradermotherapy. Thus, during the next few weeks the professional will delve into an informative conglomerate of great impact, also nourished by audiovisual resources, complementary readings and exercises based on real cases and simulation. In addition, they will find a 100% online format that will allow them to combine their healthcare work with medical updating.





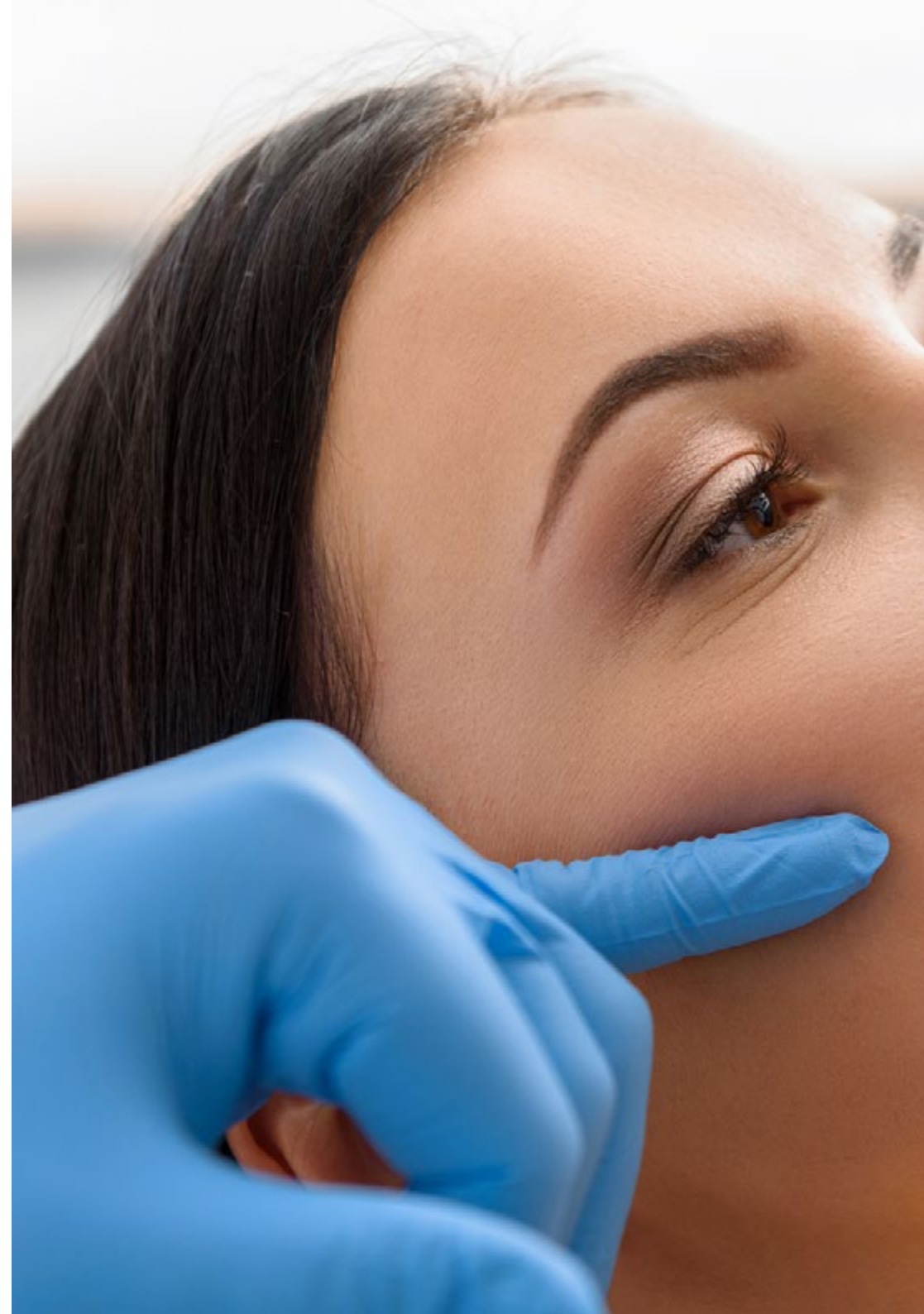


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*The most rigorous and up-to-date academic content is complemented by interactive videos and complementary readings of great scientific relevance”*

## Module 1. Body, facial and hair mesotherapy/intradermotherapy

- 1.1. Mesotherapy
  - 1.1.1. Evolution of Mesotherapy
  - 1.1.2. Mesotherapy Theory
  - 1.1.3. Main types of mesotherapy: capillary, facial and body
  - 1.1.4. Main indications for mesotherapy
- 1.2. The most important active substances. Chemical characteristics and indications
  - 1.2.1. Centella asiaticatica (asiaticoside)
  - 1.2.2. Cynara scolimus. Cynarin (artichoke)
  - 1.2.3. Routine Rutoside - Quercetin-3-rutoside - Vit P
  - 1.2.4. melilot extract (coumarin)
  - 1.2.5. Sodium Pyruvate
  - 1.2.6. Organic silicon (methylsilanol manuronate)
  - 1.2.7. L-Carnitine (fat devourer)
  - 1.2.8. Caffeine Methylxanthines
  - 1.2.9. Triiodoiodothyroacetic Acid (Triac. Triol)
  - 1.2.10. Phosphatidyl choline (lecithin)
  - 1.2.11. Sodium deoxycholate
  - 1.2.12. Vitamin C. Ascorbic acid
- 1.3. Indications for Body Mesotherapy in Esthetic Medicine
  - 1.3.1. Main indications for body mesotherapy
  - 1.3.2. esotherapy for localized fat
  - 1.3.3. Cellulitis. Sclerotic Edematous Fibrous Edematous Sclerotic Panniculopathy (PEFE)
  - 1.3.4. Histology of Cellulite
    - 1.3.4.1. Etiopathogenesis
    - 1.3.4.2. Phases
    - 1.3.4.3. Diagnosis and different treatments
- 1.4. Indications for Easy Mesotherapy in Esthetic Medicine
  - 1.4.1. What is facial mesotherapy
  - 1.4.2. Why is it done
  - 1.4.3. What Is It?





- 1.5. Types of Facial Mesotherapy
  - 1.5.1. Firming/silicon
  - 1.5.2. With vitamins
  - 1.5.3. With Hyaluronic acid
- 1.6. Indications for capillary mesotherapy
  - 1.6.1. What Is It?
  - 1.6.2. What are the indications
  - 1.6.3. What substances do we use
- 1.7. Mesotherapy preparation
  - 1.7.1. How to prepare the skin
  - 1.7.2. Asepsis conditions
  - 1.7.3. Anesthesia used
- 1.8. Complications and Secondary Effects of Mesotherapy
  - 1.8.1. Main complications of mesotherapy
  - 1.8.2. Main Secondary Effects of Mesotherapy
- 1.9. Mesotherapy techniques
  - 1.9.1. How to apply it?
  - 1.9.2. Manual mesotherapy
  - 1.9.3. Gun Mesotherapy
  - 1.9.4. Specific mesotherapy techniques
    - 1.9.4.1. Nappage
    - 1.9.4.2. Micropapule
    - 1.9.4.3. Papule, similar to the previous one, leaving a slightly larger but equally transient papule
    - 1.9.4.4. Back-traced
- 1.10. Mesotherapy with microneedling (microneedling)
  - 1.10.1. What Is It?
  - 1.10.2. Most Common Indications
  - 1.10.3. Most commonly used substances

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Mesotherapy and Intradermotherapy for Body, Face and Hair guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Mesotherapy and Intradermotherapy for Body, Face and Hair** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([officialt bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Mesotherapy and Intradermotherapy for Body, Face and Hair**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





**Postgraduate Certificate**  
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