Postgraduate Diploma Anti-Aging Technologies





Postgraduate Diploma Anti-Aging Technologies

- » Modality: online
- » Duration: 5 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-anti-aging-technologies

Index



06

Certificate

р. 32

01 Introduction

The promotion of health through specific Aesthetic Medicine treatments has become a widely demanded concept in today's environment. Due to the increasing demand for this type of services, science has developed various technologies based on skin care and its effective maintenance, framed within the so-called Anti-Aging. And as this is a recently created sector, but there is a lot of information, TECH Technological University has developed a Postgraduate Diploma that comes to collect the latest data in this regard. It is a 100% online program that will allow the specialist to know in detail the advances in biostimulation, laser and other treatments to promote rejuvenation in an effective and innovative way.

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A theoretical Postgraduate Diploma focused on the practical field, so that you can be updated in the use of technologies such as plexer, coolsculpting or traditional ultrasound".

tech 06 | Introduction

Being able to say that the promotion of health and beauty are within the reach of anyone is a reality increasingly closer. Scientific and technological advances, in coordination with the increasingly exhaustive knowledge of the human body and its functioning, have made it possible to develop highly specialized devices for skin care. Framed in the "Anti-Aging" category, these tools make it easier for Aesthetic Medicine professionals to apply treatments related, for example, to the elimination of spots, the correction of dark circles under the eyes or the reduction of wrinkles, in a safe environment for the patient and with great results.

For this reason, and taking into account the increasing demand in the market for treatments to ensure the smoothness and health of the skin and body, TECH has launched a comprehensive academic project focused on the updating of aesthetic doctors. This Postgraduate Diploma in Anti-Aging Technologies is an innovative, complete and exhaustive qualification that gathers the latest information related to clinical equipment in this field and its application in different types of contexts. The graduate will be able to delve into the advances in biostimulation with platelet-rich plasma, recommendations and laser techniques and the use of other devices such as the plexer, coolsculpting, ultrasound, etc.

And for this it will have 450 hours of diverse content, which has been designed by a teaching team of the highest level versed in Aesthetic Medicine. All this material will be hosted from the beginning of the course in a state-of-the-art Virtual Campus, which can be accessed from any device with an internet connection thanks to its convenient 100% online format. It is, therefore, a unique opportunity to work on perfecting your skills from wherever you want, without schedules and with the backing of a great university like TECH.

This **Postgraduate Diploma in Anti-Aging Technologies** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- Practical cases presented by experts in Aesthetic Medicine
- 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



If you are looking for a program focused on the use of lasers and their equipment in the aesthetic field, this Postgraduate Diploma is perfect for you"

Introduction | 07 tech

You will have access to 450 hours of the best theoretical, practical and additional content with which you will be able to update and expand your knowledge in relation to Anti-Aging Technologies at a very high level"

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Thanks to its convenient 100% online format, you will be able to connect from wherever you want and whenever you want, through any device with an Internet connection.

Among the techniques you will delve into with this program is PRP, so you can get up to date with the alternative use of needles and Dermapen.

02 **Objectives**

Innovation in Aesthetic Medicine is a key asset that has made it possible to achieve treatments that are getting closer and closer to perfection. And the fact is that they adapt to all types of interventions, as well as to the needs and demands of patients. Therefore, the objective of this Postgraduate Diploma is to provide graduates with information related to the latest advances in biostimulation and the use of the latest technologies for the use of lasers, plexers, coolsculpting, etc.

Objectives | 09 tech

Intense pulsed light laser, CO2 led laser, etc. In this Postgraduate Diploma you will find the latest information related to their use and recommendations according to the types of cases"

tech 10 | Objectives



General Objectives

- Develop an updated knowledge of the latest anti-aging technologies
- Update the specialist on the best techniques for the use of lasers according to the patient's physiology

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Through various case studies you will work on perfecting your skills in the use of ultrasound in Aesthetic Medicine among other technologies"



Objectives |11 tech



Specific Objectives

Module 1. Biostimulation with Platelet-Rich Plasma (PRP)

- Know the tremendous relevance of PRP and its various applications in Aesthetic Medicine today
- Elaborate a good plasma treatment, thus obtaining the best results based on the guidelines of current Aesthetic Medicine
- Know the most effective and innovative techniques for its application according to the physiological characteristics of the patient

Module 2. Laser

- Delve into laser technology, and the different types of lasers that currently exist, both ablative and non-ablative
- Delve in how to treat different types of lesions (vascular and pigmented lesions) based on the current criteria of Aesthetic Medicine
- Update in depigmentation of tattoos
- Update on the use of laser photoepilation

Module 3. Other High Technologies: *Plexer, CoolSculpting,* Ultrasound and Others

- * Know what coolsculpting consists of and its current applications and indications
- Have an in-depth knowledge of the latest developments in the use of ultrasound in Aesthetic Medicine
- Have a brief and updated knowledge of other devices such as: radiofrequency, cavitation, cryolipolysis, vacuum therapy, diathermy, carboxitherapy and hyperbaric chamber

03 Course Management

For this Postgraduate Diploma, TECH Technological University has selected a group of top level professionals specialized in the use of the latest Anti-Aging Technologies. Thanks to this, the graduate will be able to have different perspectives of the profession through the experience of each one of them. Thus, they will obtain a multidisciplinary vision, getting up to date with the best specialists who work day by day with the most sophisticated clinical appliances.

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The support of the teaching staff will help you get the most out of the Postgraduate Diploma through hundreds of hours of material designed by them exclusively for this program"

tech 14 | Course Management

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. López García, María del Valle

- Orthodontist in various clinics
- Specialist in Dental and Orofacial Esthetics
- Degree in Dentistry
- Professional Master in Orthodontics and Dento-Facial Orthodontics
- Professional Master of Excellence in Orthodontics and Orthognathodontics
- Invisalign Certification
- COEM Member

Dr. Miguel Ferrero, Miriam

- Specialist in Pediatric Surgery at Hospital Universitario Quirón Salud Madrid
- Specialist in Pediatric Surgery at Hospital Universitario Quirón Salud San José
- Pediatric surgeon and specialist in Reconstructive and Plastic Surgery
- Teaching collaborator in the Master in Pediatric Dermatology
- Teaching collaborator in Master's Degree in Grandes Quemados (Major Burns)
- Teaching collaborator in Master in Applied Mastology and Breast Cancer Treatment
- Expert in laser treatment of scars

Course Management | 15 tech

Dr. San Basilio Berenguer, María del Carmen

- Specialist in Pediatric Surgery
- External Rotation in Plastic Surgery at the Great Ormond Street Hospital
- External Rotation in Plastic Surgery at the Gregorio Marañón Hospital
- Member of the COVID-19 pandemic support group at Hospital La Paz
- Speaker at the National Congress of the Spanish Society of Vascular Anomalies
- Speaker at the Congress of the European Society of Pediatric Surgery
- Postgraduate Certificate in Medicine., CEU San Pablo University in Madrid

Dr. Álvarez Roca, Eva

- Corporate Medical Advisor in Medical Department of Mediderma-Sesderma
- Professional Master of Continuing Education in Aesthetic Medicine and Comprehensive Rejuvenation by the Catholic University of Valencia, European Medical College
- MBA Specialization in Health and Hospital Management IMF, Nebrija
- Degree in Medicine from the Complutense University of Madrid
- Speaker at national and international medicine congresses
- International cooperation in health projects in Cameroon, Ghana, Benin and Honduras

Dr. Delgado Miguel, Carlos

- FEA of the Pediatric Surgery area at Hospital Quirón Salud
- Pediatric and Neonatal Specialist at the Hospital La Paz of Madrid
- Teaching, training and research in the areas of pediatric surgery and

Pediatric Plastic Surgery.

- Professional Master's Degree in Medicine and Surgery from the Complutense University of Madrid.
- Professional Master's Degree in Trichology and Hair Transplants by Universidad a Distancia de Madrid
- Professional Master's Degree in Pediatric Urology from the University of Andalucia
- Professional Master's Degree in Clinical Research Methodology from the Catholic University of Murcia.
- Professional Master's Degree in Integration and Clinical Problem Solving in Medicine from the University of Alcalá, Spain. de Henares
- Member of the Spanish Society of Pediatric Surgery (SECIPE).

tech 16 | Course Management

Dr. Cova Medina, Ana

- Intern in the area of Occupational Medicine, Hospital Clínico Universitario San Cecilio de Granada.
- Medical Degree, Universidad de Oriente, Anzoátegui, Venezuela.
- Metabolic Syndrome and Obesity Expert, CTO Academy.
- Ambassador, CTO Latin America Academy
- MIR Preparation Course, CTO Academy
- SVI/ACLS Provider, Immediate Cardiovascular Support, European Resuscitation Council.
- Physician, Depilife, Buenos Aires, Argentina
- General Doctor, Organización Hebrea Argentina Macabi, Buenos Aires, Argentina.
- * Emergency Doctor, Policlínica Puerto La Cruz, Anzoátegui, Venezuela

Mr. Albors Vaquer, Arturo

- Corporate Coordinator of the Medical Department at Mediderma, Sesderma
- Medical Advisor at Mediderma, Sesderma
- Scientific researcher at the Instituto de Investigación Sanitaria La Fe.
- Speaker at various workshops, congresses and scientific conferences related to the area of Aesthetic Medicine.
- Biotechnology Degree from the Catholic University of Valencia.
- Master's Degree in Research and Rational Use of Medicines from the University of Valencia.



Course Management | 17 tech



Dr. Plaza Narvaiza, Mónica

- Degree in Human Nutrition and Dietetics from the University of Navarra.
- Master Health Coach and Holistic Nutrition by the Institute of Integrative Nutrition
- Postgraduate Degree in Oncological Nutrition from the University of Barcelona.
- Advanced Clinical Nutrition Course by the Institute of Nutrition and Health Sciences.

A unique, key, and decisive educational experience to boost your professional development"

04 Structure and Content

TECH Technological University is a pioneer in the entire university panorama for the use of the Relearning methodology for the development of the theoretical content of this Postgraduate Diploma. This strategy is based on the continuous reiteration of the most important concepts, so that the graduate attends a gradual and progressive updating of their knowledge, without the need to invest extra hours in memorizing. In addition, it is supported by the resolution of real clinical cases, helping to fix the ideas and promoting their durability for a longer period of time.

S In the Virtual Campus you will find dozens of hours of additional material of maximum validity and in multidisciplinary format to expand each module of the syllabus"

tech 20 | Structure and Content

Module 1. Biostimulation with Platelet-Rich Plasma (PRP)

- 1.1. What is PRP
 - 1.1.1. Concept
 - 1.1.2. Main Current Indications in Medicine
 - 1.1.3. Main Indications in Aesthetic Medicine
 - 1.1.4. Principal Indications in Trichology
- 1.2. What Does PRP Treatment Consist Of? Step-by-Step Explanation
 - 1.2.1. What Does PRP Treatment Consist Of?
 - 1.2.2. Step-by-Step Explanation
 - 1.2.3. Possible Complications
- 1.3. Obtaining the PRP Open Technique
 - 1.3.1. What Is It?
 - 1.3.2. Risk
 - 1.3.3. Biosecurity
- 1.4. Obtaining the PRP Closed Technique
 - 1.4.1. What Is It?
 - 1.4.2. Benefits over the Open
 - 1.4.3. Biosecurity
- 1.5. How to Centrifuge PRP and its Activation
 - 1.5.1. Centrifuge
 - 1.5.2. Choosing the Right Speed and Centrifugation Time
 - 1.5.3. Platelet Activation
- 1.6. PRP Application Techniques
 - 1.6.1. How PRP is Applied to our Patients
 - 1.6.2. Techniques: Needles and Dermapen
 - 1.6.3. PRP Facial Mask
- 1.7. Benefits of PRP Treatment
 - 1.7.1. Benefits at Capillary Level
 - 1.7.2. Benefits in Terms of Facial Aesthetics
 - 1.7.3. Benefits in Terms of Body Aesthetics
- 1.8. Risk
 - 1.8.1. PRP Application Risks
 - 1.8.2. Contraindications for PRP Application

- 1.9. New Generation PRP (2nd, 3rd and 4th Generation)
 - 1.9.1. 2nd Generation PRP
 - 1.9.2. 3rd Generation PRP
 - 1.9.3. 4th and 5th Generation PRP
- 1.10. Adverse Effects
 - 1.10.1. Most Common Undesirable Effects of PRP Use
 - 1.10.2. How to Manage the Side Effects Caused by the Use of PRP

Module 2. Laser

- 2.1. General Classification: Types of Laser
 - 2.1.1. Ablative Laser
 - 2.1.1.1. Mode of Execution
 - 2.1.1.2. Types
 - 2.1.1.3. Main Applications
 - 2.1.2. Non Ablative Laser
 - 2.1.2.1. Mode of Execution
 - 2.1.2.2. Types
 - 2.1.2.3. Main Applications
 - 2.1.2.4. Comparative Table:
- 2.2. Intense Pulsed Light Laser (IPL)
 - 2.2.1. Mechanisms of Action
 - 2.2.2. Principal Indications
 - 2.2.3. Results
- 2.3. LED Laser
 - 2.3.1. Mechanisms of Action
 - 2.3.2. Principal Indications
 - 2.3.3. Results
- 2.4. CO2 Laser
 - 2.4.1. Mechanism of Action
 - 2.4.2. Principal Indications
 - 2.4.3. Results



Structure and Content | 21 tech

- 2.5. Erbium Laser YAG
 - 2.5.1. Mechanism of Action
 - 2.5.2. Principal Indications
 - 2.5.3. Results
- 2.6. Q-Switched Laser
 - 2.6.1. Mechanisms of Action
 - 2.6.2. Principal Indications
 - 2.6.3. Results
- 2.7. Hair Removal Laser
 - 2.7.1. Mode of Execution
 - 2.7.2. Laser Types Used for Hair Removal
 2.7.2.1. Ruby (694 nm)
 2.7.2.2. Alexandrite (755 nm)
 2.7.2.3. Diode(200 nm)
 2.7.2.4. Neodymium Yag (1064 nm)
 2.7.2.5. Intense Pulsed Light IPL
 - 2.7.3. Results
- 2.8. Laser for Pigmented Lesions and Tattoos
 - 2.8.1. Laser Used for Pigmented Lesion Removal
 - 2.8.2. Laser Used for Tattoo Depigmentation
 - 2.8.3. Results
- 2.9. Laser in Some Medical Pathologies
 - 2.9.1. Acne Laser Treatment
 - 2.9.2. Scar Treatment with Laser
 - 2.9.3. Stretch Mark Treatment with Laser
 - 2.9.4. Vascular Lesion Treatment (Percutaneous Vascular Laser)
 - 2.9.5. Laser Lipolysis
 - 2.9.5.1. Concept
 - 2.9.5.2. Laser Type Used
 - 2.9.5.3. Results

tech 22 | Structure and Content

- 2.10. Skin Preparation Anesthesia. Safety and Protection during the Use of Lasers and Other Light Sources
 - 2.10.1. Pre-Laser Skin Preparation
 - 2.10.2. Anesthesia used Prior to Laser
 - 2.10.3. Physician and Patient Safety
 - 2.10.3.1.Eye Protection
 - 2.10.4. Intralesional Photodynamic Therapy (Novel Treatment Modality That Improves Clinical Results)

Module 3. Other High Technologies: *Plexer, CoolSculpting*, Ultrasound and Others

3.1. Plexer

- 3.1.1. What is Plexer?
- 3.1.2. Principal Indications
- 3.1.3. Results
- 3.2. Coolsculpting
 - 3.2.1. What is *Coolsculpting*?
 - 3.2.2. Principal Indications
 - 3.2.3. Results
- 3.3. Ultrasound in Aesthetic Medicine
 - 3.3.1. Introduction to Ultrasound
 - 3.3.2. Ultrasound in Aesthetic Medicine Indications
 - 3.3.3. Main Uses
 - 3.3.4. Skin Condition Diagnosis
 - 3.3.5. Ultrasound and Flaccidity
 - 3.3.6. Ultrasound and Implants
 - 3.3.7. Ultrasound in Body Therapies
- 3.4. Radiofrequency
 - 3.4.1. What is Radiofrequency?
 - 3.4.2. Principal Indications
 - 3.4.3. Results





Structure and Content | 23 tech

- 3.5. Cavitation
 - 3.5.1. What is Cavitation?
 - 3.5.2. Principal Indications
 - 3.5.3. Results
- 3.6. Diathermy
 - 3.6.1. What is Diathermy?
 - 3.6.2. Principal Indications
 - 3.6.3. Results
- 3.7. Cryolipolysis
 - 3.7.1. What is Cryolipolysis?
 - 3.7.2. Principal Indications
 - 3.7.3. Results
- 3.8. Vacuum Therapy
 - 3.8.1. What is Vacuum Therapy?
 - 3.8.2. Principal Indications
 - 3.8.3. Results
- 3.9. Carboxytherapy
 - 3.9.1. What is Carboxytherapy?
 - 3.9.2. Principal Indications
 - 3.9.3. Results
- 3.10. Hyperbaric Chamber

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- 3.10.1. What is Hyperbaric Chamber?
- 3.10.2. Principal Indications
- 3.10.3. Results

Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

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.



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"

tech 26 | Methodology

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:

 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.
- 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.



tech 28 | Methodology

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.



Methodology | 29 tech

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.



tech 30 | Methodology

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.

20%

15%

3%

15%

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.

Methodology | 31 tech



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.

20%

7%

3%

17%



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.



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 Diploma in Anti-Aging Technologies guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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

tech 34 | Certificate

This **Postgraduate Diploma in Anti-Aging Technologies** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding Postgraduate Diploma issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: Postgraduate Diploma in Anti-Aging Technologies

ECTS: 18

Official Nº of Hours: 450 h.



tecn global university Postgraduate Diploma Anti-Aging Technologies » Modality: online » Duration: 5 months » Certificate: TECH Global University » Credits: 18 ECTS » Schedule: at your own pace » Exams: online

Postgraduate Diploma Anti-Aging Technologies

