

# Postgraduate Certificate

## Massage in Nutricosmetics





## Postgraduate Certificate

### Massage in Nutricosmetics

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 150 h.

Website: [www.techtute.com/in/nutrition/postgraduate-certificate/massage-nutricosmetics](http://www.techtute.com/in/nutrition/postgraduate-certificate/massage-nutricosmetics)

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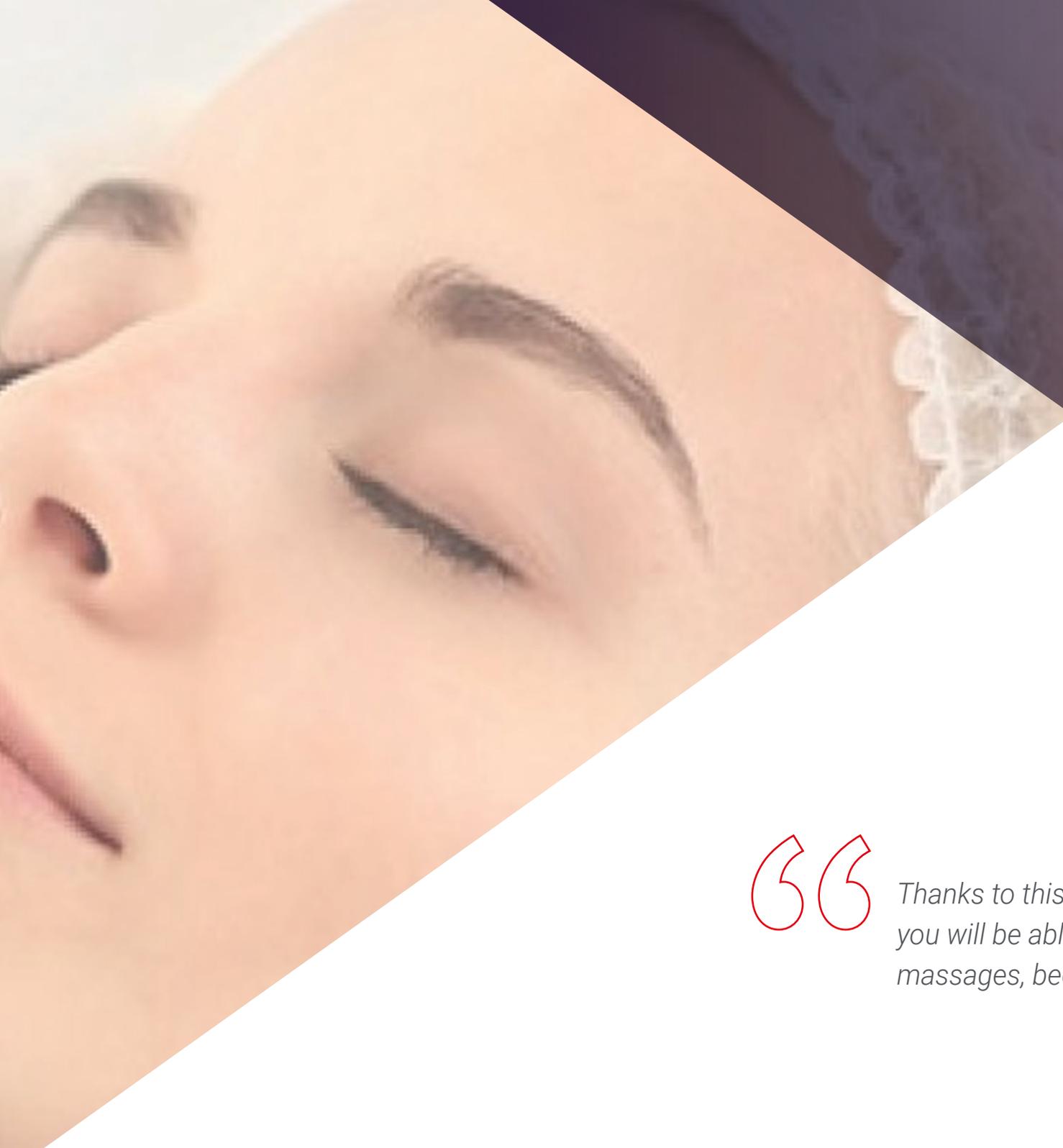
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# 01

# Introduction

Nutricosmetics is a growing field. Treatments, ranging from nutritional supplements to targeted massages, are specifically aimed at improving the appearance of skin, hair and nails. Thus, this academic program aims to update the nutritionist's knowledge of this exciting field. Its eminently practical approach will provide you with the skills to introduce this type of massage to your practice in a comfortable and straightforward way, thus improving your professional profile.





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*Thanks to this Postgraduate Certificate you will be able to specialize in aesthetic massages, becoming a leading nutritionist"*

Nutricosmetics and its targeted treatments have come to revolutionize the dermo-cosmetic world. The benefits they bring to the skin, in addition to their ability to prevent the effects of aging, have made more and more patients seek these treatments and the results they provide.

Among nutricosmetic techniques, one that has become more popular in recent years is that of aesthetic massages, for its ability to eliminate localized fat, unwanted love handles and considerably improve the appearance of the skin on arms, buttocks or knees.

Plus, this type of massage is very effective, pleasant and minimally invasive, which is why patients value it positively. However, there are not many professionals specialized in this field, and this is a great opportunity for all those nurses who want to turn their careers around.

Thus, this Postgraduate Certificate in Massage in Nutricosmetics is the answer to this demand, since it offers students specialist knowledge in this field, turning them into authentic experts on this type of treatment, so that they can increase their standing among patients and other professionals.

This **Postgraduate Certificate in Massage in Nutricosmetics** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- The examination of case studies presented by experts in Nutricosmetics massage
- Graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be undertaken to improve learning
- A 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



*Specialize in this exciting field  
and start achieving all your goals"*

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*You will learn about new nutricosmetic techniques and be able to help your patients reduce fat or eliminate sagging”*

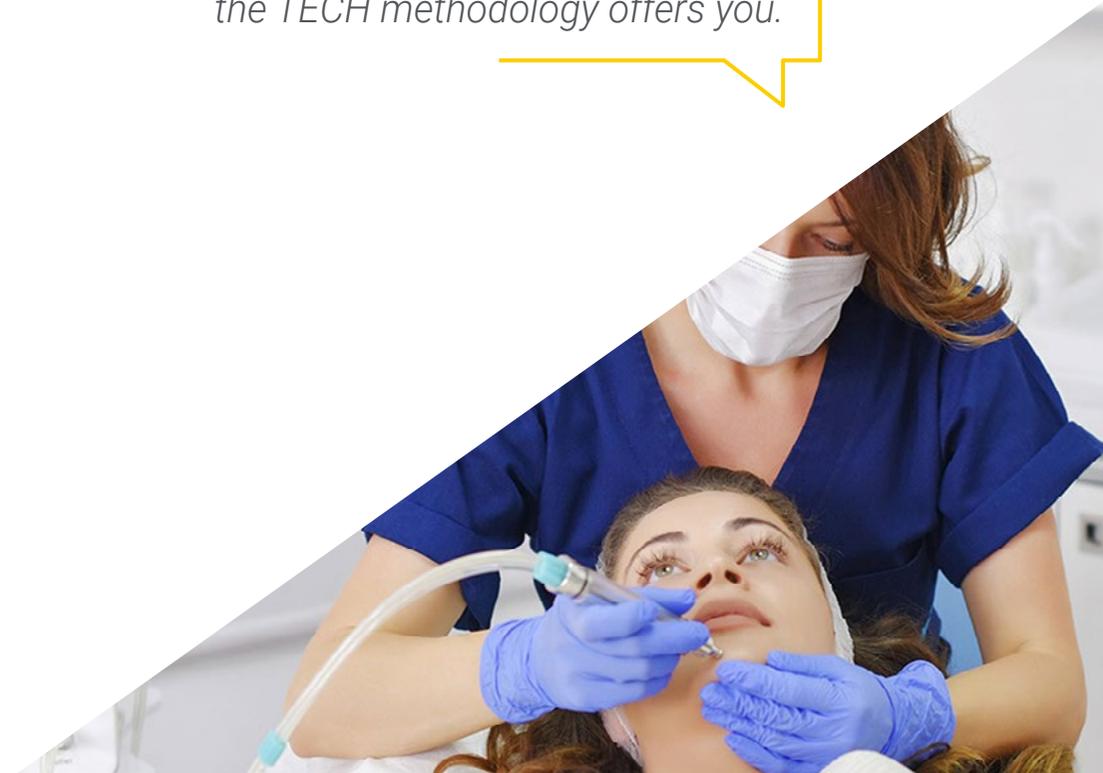
The program’s teaching staff includes professionals from sector who contribute their professional experience to this program, as well as renowned specialists from leading societies and prestigious universities.

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 learning designed for real situations.

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

*Specialization is a great tool for professional success, and with university programs like this one you can achieve it easily.*

*You will be able to study comfortably, without giving up your professional and personal commitments. These are just some of the advantages that the TECH methodology offers you.*



# 02

# Objectives

This comprehensive Postgraduate Certificate is aimed at providing nutritionists with the knowledge, skills and tools that will enable them to offer new and innovative services in their professional practice. Thus, after completing the program assessments, students will be able to perform aesthetic massage in their daily work, considerably improving the condition of their patients' skin.





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*TECH drives you to achieve your goals and reach the top. Do you want to confirm it? Then all you have to do is enroll on this Postgraduate Certificate"*



## General Objectives

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- ♦ Comprehensively manage the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- ♦ Refresh and reinforce essential dermatological knowledge for proper patient care in Nutricosmetics
- ♦ Provide Nutritionist with the necessary tools and guidelines to deal efficiently with the different dermatological issues
- ♦ Reinforce the role of the Nutritionist in the treatment of these issues





## Specific Objectives

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- ◆ Know how to apply aesthetic massages for immediate results
- ◆ Understand how massages are classified
- ◆ Know the maneuvers applicable to aesthetic body massage
- ◆ Gain in-depth knowledge of the different types of existing massages, their effects and application mechanisms

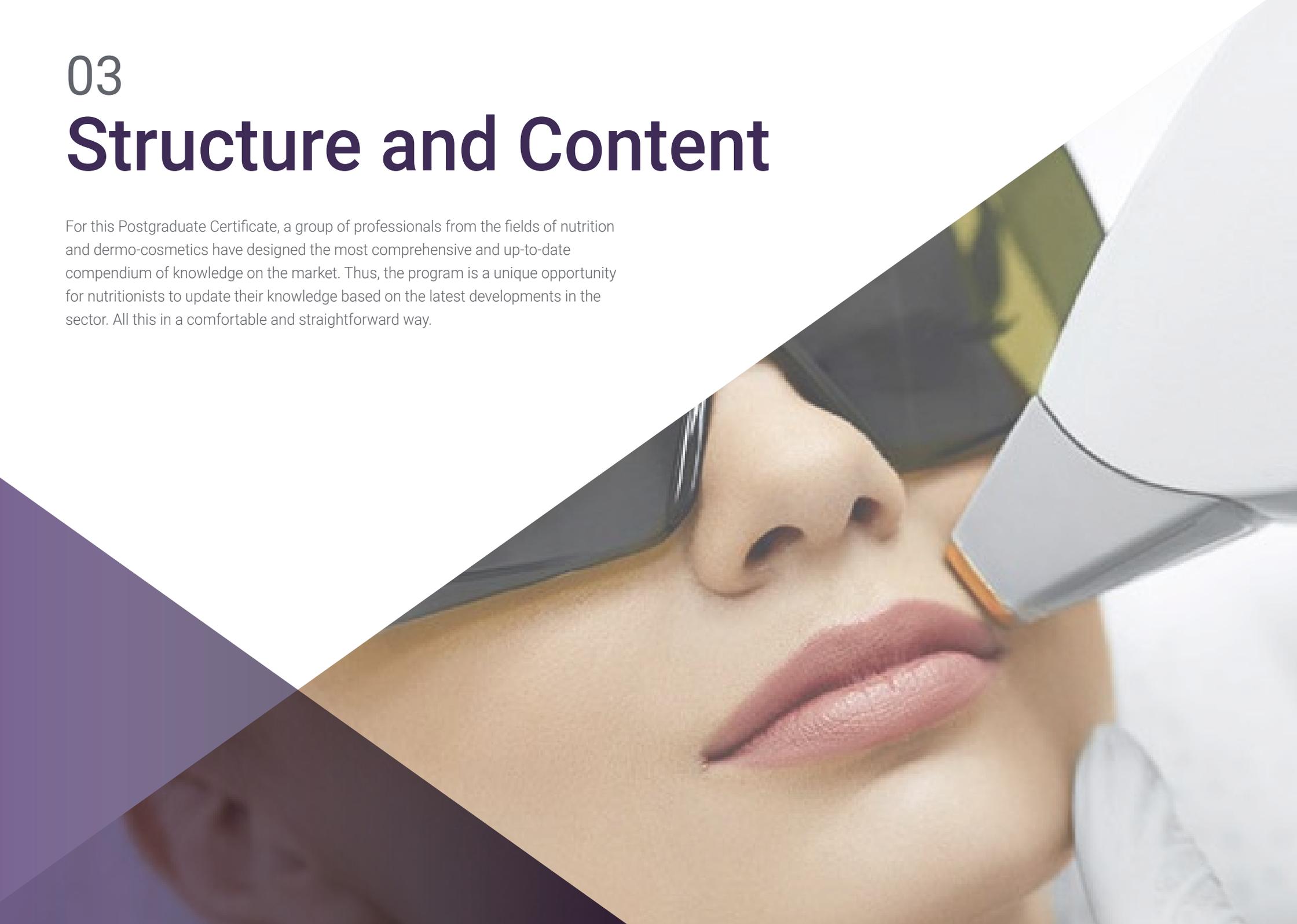


*If your goal is to progress in the nutricosmetics sector then you are in luck, this Postgraduate Certificate will help you to do so"*

03

# Structure and Content

For this Postgraduate Certificate, a group of professionals from the fields of nutrition and dermo-cosmetics have designed the most comprehensive and up-to-date compendium of knowledge on the market. Thus, the program is a unique opportunity for nutritionists to update their knowledge based on the latest developments in the sector. All this in a comfortable and straightforward way.





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*TECH offers you the best contents on  
nutricosmetics and aesthetic massage”*

### Module 1. Aesthetic Massage in Dermocosmetics

- 1.1. The Application of Aesthetic Massage and the Immediate, Delayed, Local and General Effects of Massage on the Various Organs and Systems
- 1.2. Classification of Massages According to Their Effects and the Different Applicable Techniques
- 1.3. Effects, Indications, Precautions and Contraindications of Aesthetic Massage Procedures
- 1.4. Application Parameters of Massage Procedures and Selection Criteria for Aesthetic Massage Procedures
- 1.5. Techniques for Performing Body Aesthetic Massage Procedures
- 1.6. Zone Massage: Specific Procedures and Time of Execution
- 1.7. Aesthetic Massage With Mechanical Effect Equipment
- 1.8. Aesthetic Massage With Mechanical Effect
- 1.9. Application Techniques of the Different Equipment
- 1.10. Indications for Mechanical Aesthetic Massage
- 1.11. Immediate and Subsequent Results of Mechanical Massage on Different Organs, Devices and Systems





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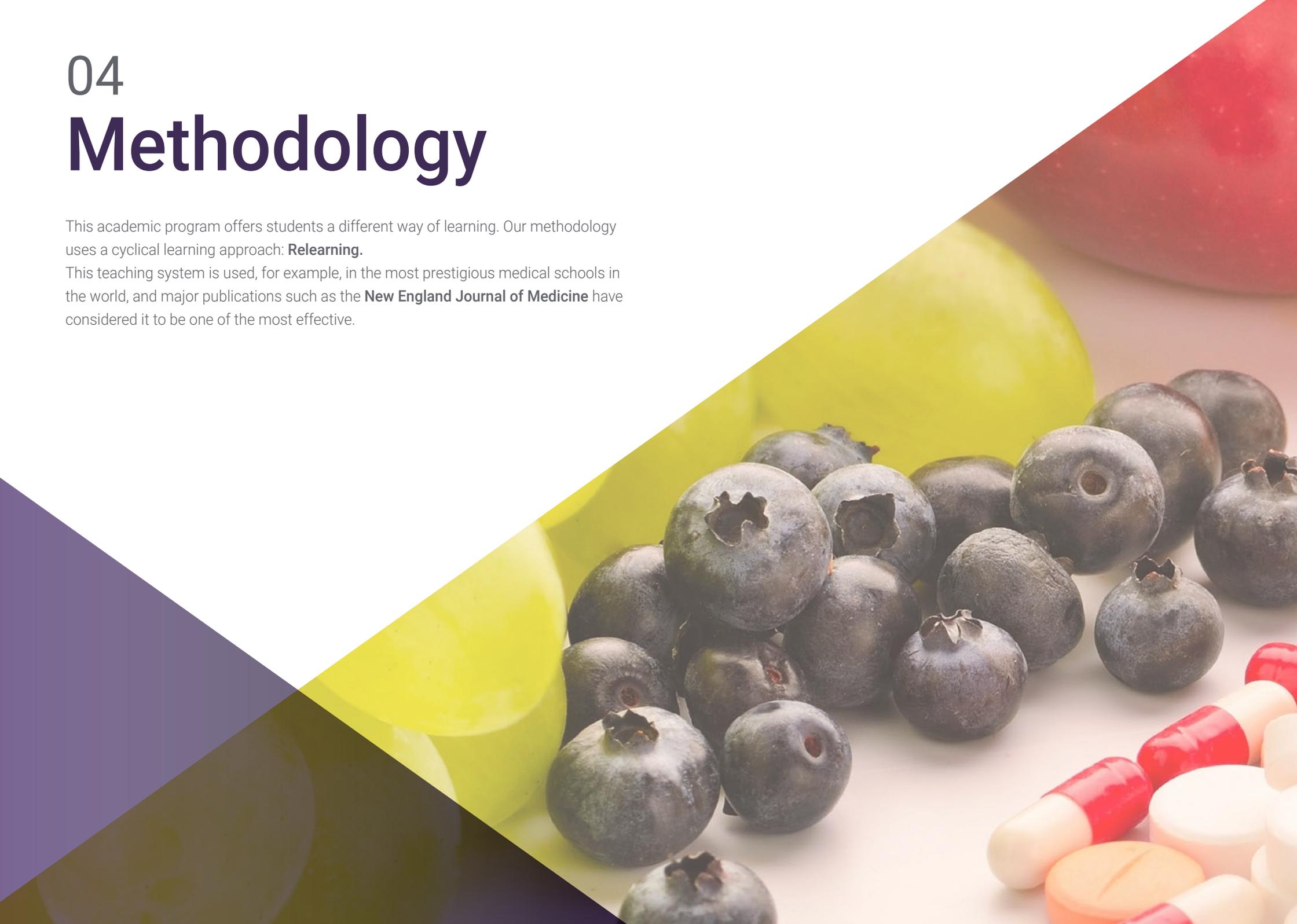
*Growing with the support of the world's largest digital university is a long-term insurance policy. Don't miss this great opportunity”*

# 04

# 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.





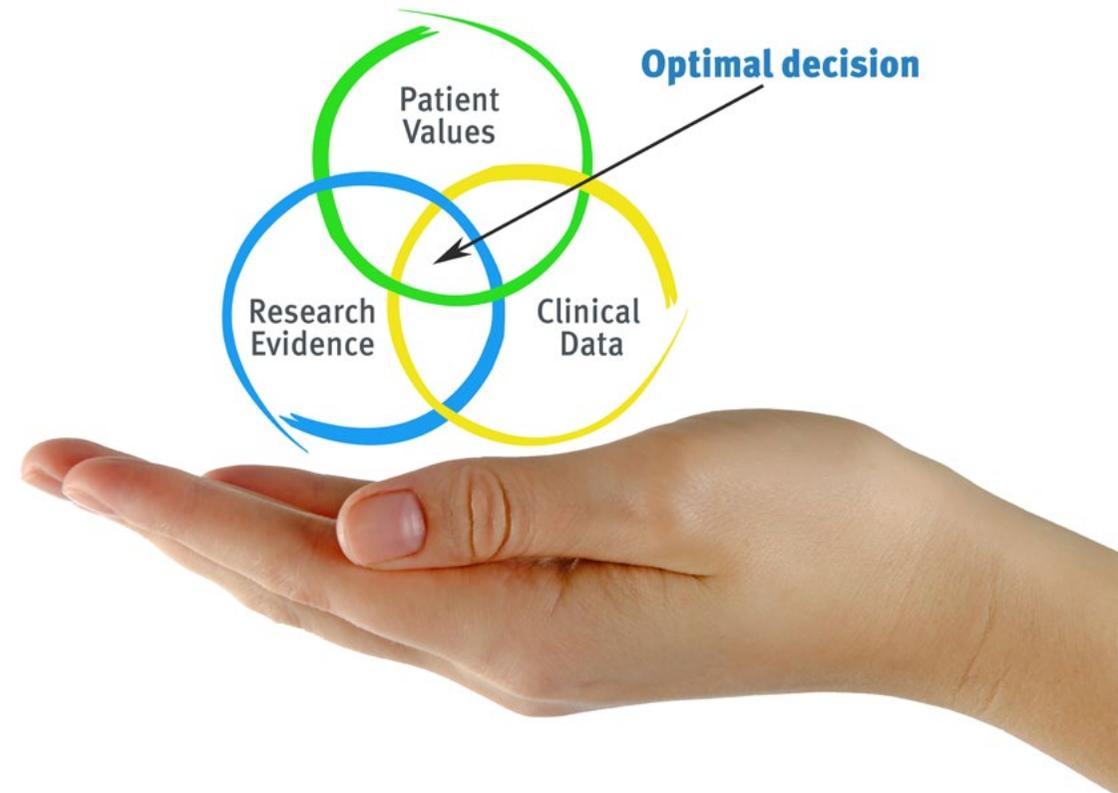
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what should a professional do? 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, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist will learn through real cases and by solving 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 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

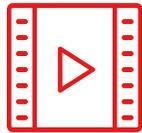
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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.



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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.

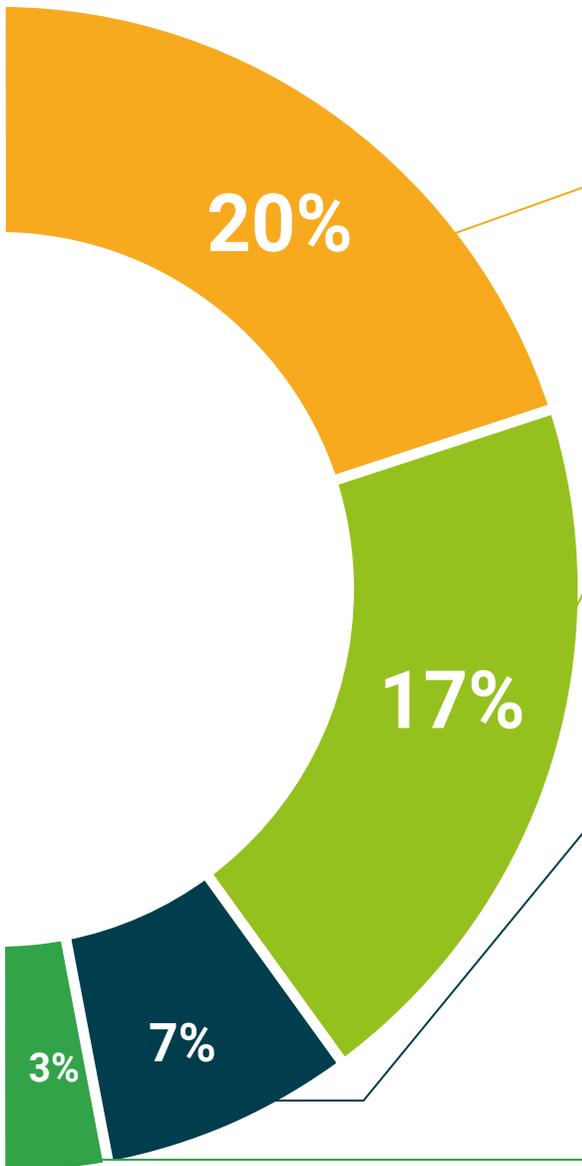
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 suggesting that observing third-party experts can be useful.

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.



# 05 Certificate

The Postgraduate Certificate in Massage in Nutricosmetics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





*Successfully complete this program and receive your Postgraduate Certificate without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Massage in Nutricosmetics** contains the most complete and up-to-date educational program the market.

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

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

Title: **Postgraduate Certificate in Massage in Nutricosmetics**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future

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education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

**tech** technological  
university

**Postgraduate Certificate**  
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Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of hours: 150 h.

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