

# Postgraduate Diploma

Dermocosmetics  
for Nutritionists



## Postgraduate Diploma Dermocosmetics for Nutritionists

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-dermocosmetics-nutritionists](http://www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-dermocosmetics-nutritionists)

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# 01

# Introduction

The impact of nutrition on virtually all body processes is something that no one can deny. In the case of the skin, nutrition has a direct effect and good eating habits, combined with the correct dermo-cosmetic treatments give great results to patients. Therefore, this university program is unique in offering dietetics professionals a unique insight into the latest aesthetic approaches. In this way, they will be able to take the most updated knowledge to their daily practice and grow in a sector in continuous growth.





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*With this Postgraduate Diploma you will learn how to offer your patients the most innovative treatments. This will make you a well-rounded and highly sought-after nutritionist”*

For people of all ages, skin is an essential sign of beauty. Thus, they continually strive to preserve their complexion, giving it radiance, freshness and hydration. To achieve this, the right treatments combined with good nutrition are key. For this reason, this Postgraduate Diploma focuses on providing the nutrition professionals with the most effective tools to provide the patient with complete care in this regard.

For this reason, throughout 600 hours of intensive study, the professionals will learn about the latest dermo-cosmetic treatments and how to put them into practice. You will also learn about the importance and impact of nutrition on the skin, being able to provide the patient with a completely new approach, placing you at the forefront of the sector.

In this sense, during the program, important aspects such as the physiology of the skin, the effects of aging or the different dermocosmetic treatments and their appropriate use in each case will be studied. All this, with an eminently practical approach to teach the professionals to take what they have learned to their daily practice.

Thus, at the end of the studies and evaluations included in this Postgraduate Diploma, the professionals will have acquired a series of competencies that will make them a reference in their sector, not only being able to take what they have learned to their daily practice, but also to update their knowledge in a comfortable, online way and without giving up their other daily activities.

This **Postgraduate Diploma in Dermocosmetics for Nutritionists** 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 dermocosmetics applied to nutrition
- 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



*Can you imagine being able to offer your patients not only proper dietary plans, but also dermo-aesthetic treatments? With TECH you can achieve them”*



“

*You will learn which are the most effective dermocosmetic treatments and how to put them into practice by studying this Postgraduate Diploma”*

The program's teaching staff includes professionals from the 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 provide the professionals with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

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

*Update your knowledge in this exciting field by studying this Postgraduate Diploma.*

*Study at TECH and become part of the long list of success.*

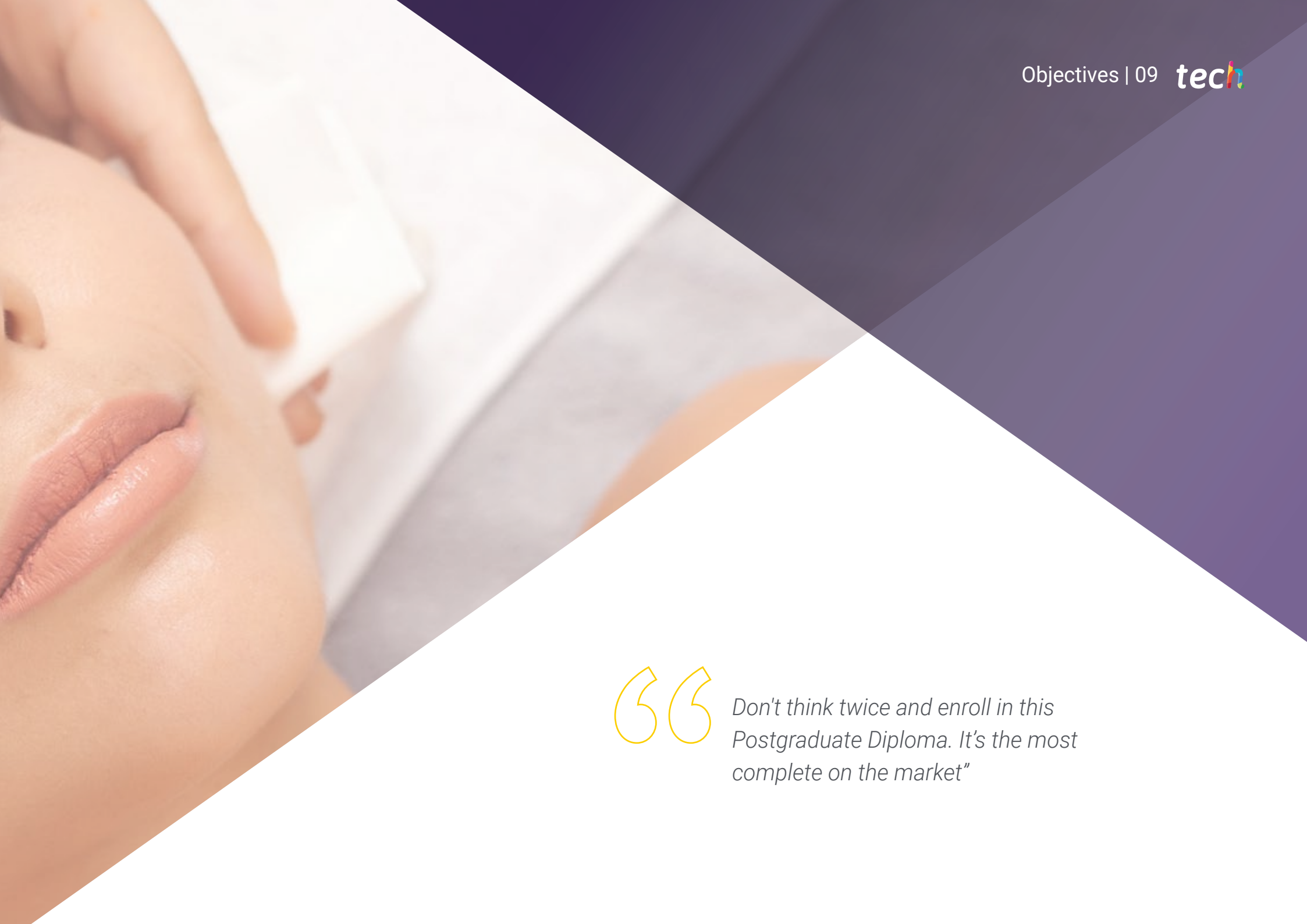


# 02 Objectives

Thanks to the contents and didactic materials offered by this program, the nutritionists will be able to give a positive turn to their professional career by offering not only the best nutritional plans, but also by applying the most appropriate dermo-aesthetic treatments in each case. In this way, the students will be able to improve their profile and achieve their professional goals and objectives.







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*Don't think twice and enroll in this Postgraduate Diploma. It's the most complete on the market”*



## General Objectives

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- Acquire the fundamental knowledge of all anti-aging modalities and esthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- Comprehensively manage the esthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment
- Update and reinforce the knowledge in dermatology necessary for a correct Dermocosmetics for nutrition patient care
- Provide nutritionists with the necessary tools and guidelines to effectively deal with different dermatological issues
- Reinforce the role of the nutritionist in the treatment of these issues
- Identify the role of treatments in the prevention and treatment of dermatological pathologies





## Specific Objectives

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### Module 1. Dermo-Aesthetic Nutrition

- Know the basics of dermo-aesthetic nutrition
- Know how to structure the organization of the dermo-esthetic medicine practice
- Correctly manage hygienic and sanitary protocols in the dermo-esthetic nutrition clinic
- Know how to manage sanitary waste
- Explore the legal aspects that govern health care in dermo-esthetic nutrition

### Module 2. Aging and cosmetic assessment in aesthetic nutrition

- Present the historical background on which anti-aging medicine is based
- Define and become familiar with the most frequently used concepts in anti-aging medicine
- Examine the most accepted theories of aging and interrelate them with each other
- 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

### Module 3. Skin

- ♦ Know the anatomical structures of the skin
- ♦ Explore other areas related to the skin: hair, nails, sebaceous and sweat glands, etc
- ♦ Analyze the different functions of the skin
- ♦ Know which are the different skin cares according to the patient's stage of life
- ♦ In-depth knowledge of the effects of solar radiation on the skin and the different means of photoprotection
- ♦ Learn the different types of Skin
- ♦ Understanding the basics of facial hygiene
- ♦ Know the different moisturizing techniques for the skin

### Module 4. Most frequent dermatological pathologies

- ♦ Gain up-to-date knowledge on the different issues that may come up the community pharmacy, examining the different therapeutic approaches, both for treatment and prevention
- ♦ Develop a proposal of action protocols for each pathology described
- ♦ Define what is known as sensitive or reactive skin
- ♦ Analyze the different types of acne and discover which ones we can address in the community pharmacy
- ♦ Delve into the study of alopecia, the differential characteristics between men and women and its evolution
- ♦ Approach the study of xerosis from a dermatological point of view, analyzing which diseases or treatments most commonly produce it, and what symptoms they present
- ♦ Differentiate existing treatments for hyperhidrosis
- ♦ Analyze the different types of dermatitis, their characteristics and examine cases of each one
- ♦ Define the different pigmentation transients, their treatment and possible preventive measures
- ♦ Analyze rosacea and its different stages, in order to facilitate its recognition and make a correct indication







- Delve into the study of psoriasis, addressing all its types and stages, the different existing treatments and preventive measures
- Address other pathologies with pruritus such as urticaria and angioedema
- Differentiate between the different existing treatments for scalp desquamative conditions
- Define less frequent pathologies such as toxicoderma or hydrosadenitis
- Analyze the different types of skin lesions that can be encountered and how they can be approached by the community pharmacy
- Study the different types of pathogens that can cause skin infections or infestations
- List the various dermatological pathologies caused by pathogenic agents
- Address the different pathologies that may appear in the oral cavity
- Update the different treatments used in nail and phanera conditions

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*A high-level education that will empower you to achieve professional success”*



# 03

## Structure and Content

During the 4 modules of this program, and the 600 hours of intensive study, the students will learn everything related to the physiology of the skin, the importance of nutrition and the most appropriate dermo-cosmetic treatments in each case. All this, from a perspective of updating, to bring and help the professionals to internalize the latest developments in the sector and offer their patients the best care.





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*TECH offers you the latest content in the field of dermo-cosmetic nutrition. Don't let this opportunity slip away”*

### Module 1. Dermo-Aesthetic Nutrition

- 1.1. Dermo-aesthetic nutrition: new developments in the profession
- 1.2. Hygiene in an Aesthetic Practice and Antiseptics
  - 1.2.1. Antiseptics
  - 1.2.2. Hand Hygiene
  - 1.2.3. Utensil Hygiene
  - 1.2.4. Sanitary Waste Management
- 1.3. Organization of the Aesthetic Practice
  - 1.3.1. Diary
  - 1.3.2. Technical Resources
  - 1.3.3. Personal Resources
  - 1.3.4. Material and Equipment
  - 1.3.5. Supplies
- 1.4. The ethical-legal aspect of dermo-aesthetic nutrition and patient informed consents
- 1.5. The urgency of the dermo-aesthetic nutrition practice
- 1.6. Complications in dermo-aesthetic nutrition

### Module 2. Aging and cosmetic assessment in aesthetic nutrition

- 2.1. History of Antiaging Medicine
- 2.2. Theories of aging. Pathophysiology
- 2.3. Species and Longevity
- 2.4. Mechanisms of Cellular Aging
- 2.5. Mitochondrias
- 2.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
- 2.7. Chronobiology II. Sleep and Sleeplessness
- 2.8. Immunity. Immunosenescence
- 2.9. Telomeres and Telomerase
- 2.10. Exosome and Aging



**Module 3. Skin**

- 3.1. Skin Anatomy and Structure of the Skin
- 3.2. Skin Appendages
  - 3.2.1. Hair
  - 3.2.2. Nails
  - 3.2.3. Sebaceous Glands
  - 3.2.4. Sweat Glands
- 3.3. Skin Functions and Elementary Lesions
  - 3.3.1. Protection
  - 3.3.2. Metabolism
  - 3.3.3. Temperature Regulation
  - 3.3.4. Sensory
  - 3.3.5. Excretory
  - 3.3.6. Energy Reserve
- 3.4. Care of the Skin in the Different Stages of Life: Neonatal, Pediatrics, Adolescent, Adult, Geriatric, Pregnancy
  - 3.4.1. Neonatal
  - 3.4.2. Pediatric
  - 3.4.3. Adolescent
  - 3.4.4. Adult
  - 3.4.5. Geriatric
  - 3.4.6. Pregnancy
- 3.5. Embryology of the Skin and Skin Appendages
  - 3.5.1. Skin Development
  - 3.5.2. Hair Development
  - 3.5.3. Nail Development
  - 3.5.4. Skin Gland Development
- 3.6. Skin Types
  - 3.6.1. Density
  - 3.6.2. Skin Emulsion
  - 3.6.3. Skin Phototype
  - 3.6.4. Status

- 3.7. Skin Hygiene
- 3.8. Skin Hydration
  - 3.8.1. Manual Techniques
  - 3.8.2. Materials and Technical Methods
  - 3.8.3. Specific Cosmetics
  - 3.8.4. Equipment

**Module 4. Most frequent dermatological pathologies**

- 4.1. Acne
- 4.2. Rosacea
- 4.3. Seborrheic Dermatitis
- 4.4. Atopic Dermatitis
- 4.5. Contact Dermatitis
- 4.6. Pigmentation Disorders. Hyperpigmentation
- 4.7. Pigmentation Disorders. Hypopigmentation
- 4.8. Psoriasis
- 4.9. Skin Infections and Infestations Caused by Pathogenic Agents: Bacteria
- 4.10. Skin Infections and Infestations Caused by Pathogenic Agents: Viruses
- 4.11. Ichthyosis
- 4.12. Urticaria and Angioedema
- 4.13. Scars
- 4.14. Nail and Adnexal Affections
- 4.15. Oral Mucosa Infections: Gingivitis, Aphthous Ulcers, Fungi
- 4.16. Skin Lesions: Injuries
- 4.17. Skin Lesions: Burns



*Don't wait any longer: you know that this program will turn your life around 180 degrees"*

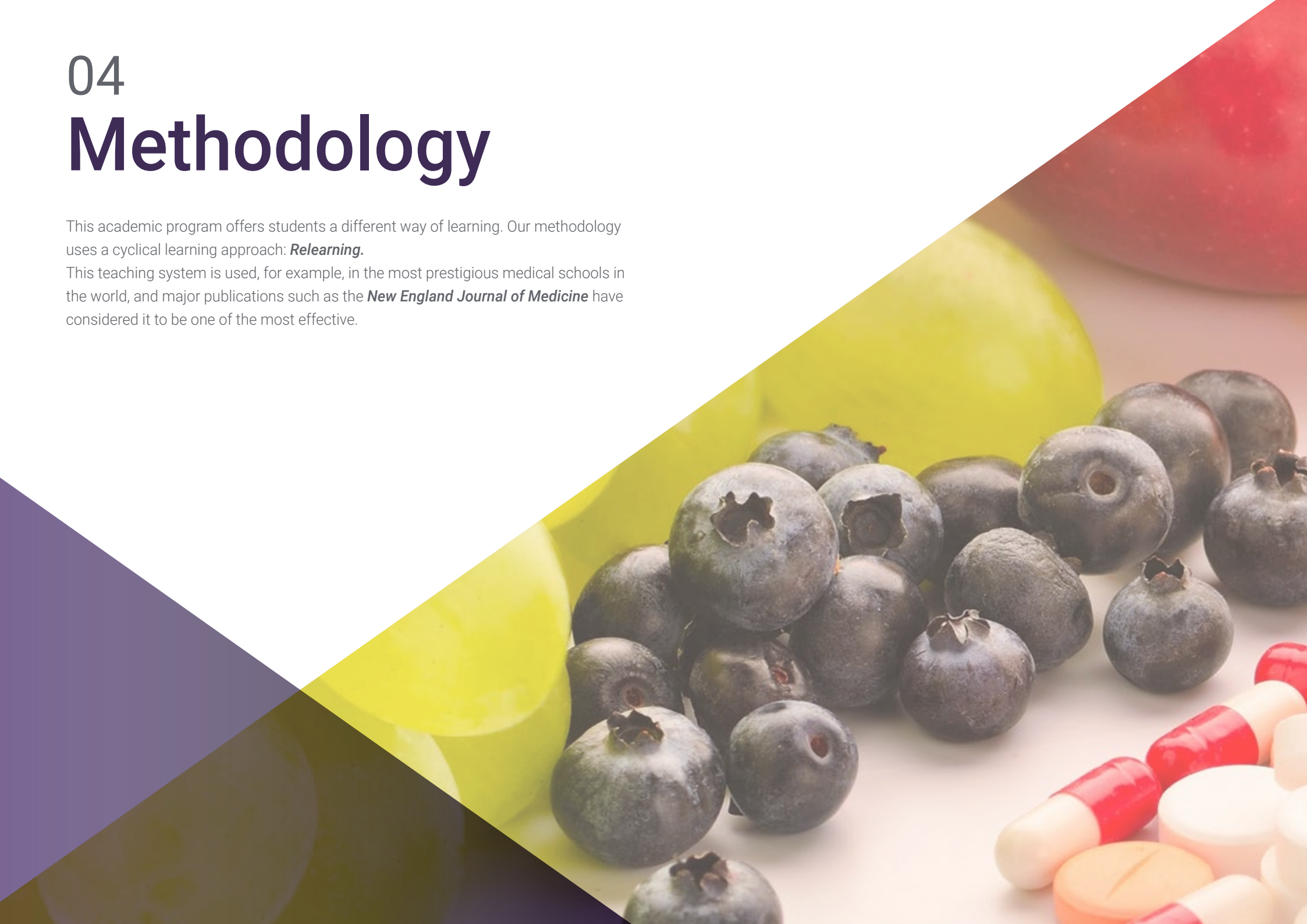


04

# 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.

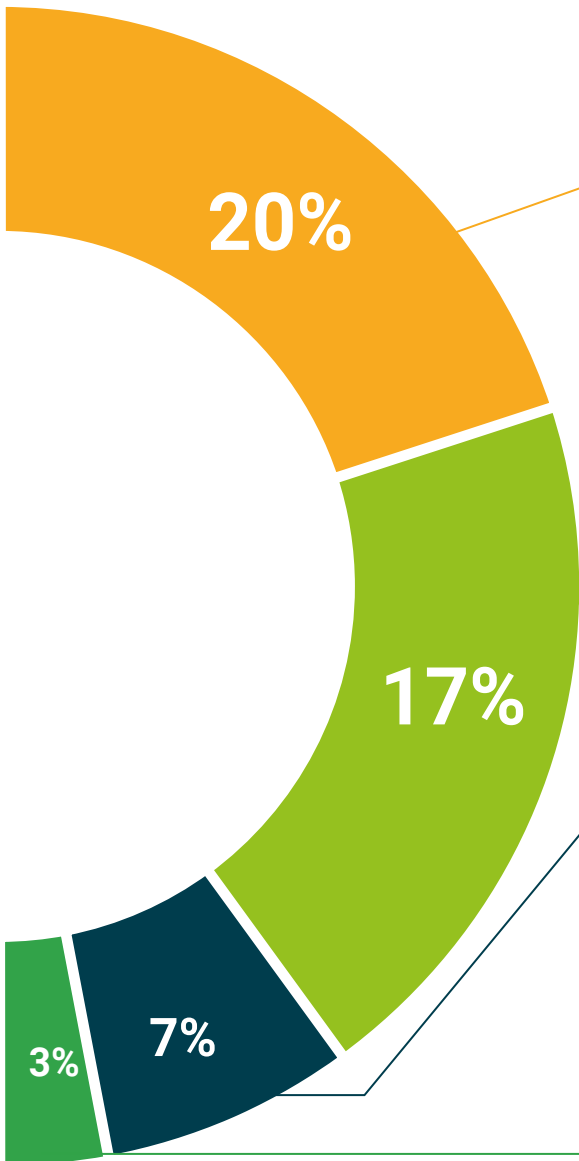
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Dermocosmetics for Nutritionists guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Dermocosmetics for Nutritionists** 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 ([official 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 Diploma in Dermocosmetics for Nutritionists**

Modality: **online**

Duration: **6 months**

Accreditation: **24 ECTS**



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



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Dermocosmetics  
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