



PristineTM

**INSTITUTE OF AESTHETIC
MEDICINE, SKIN CARE &
WELLNESS**

INSTITUTE

HANDBOOK

**POST GRADUATE DIPLOMA
IN CLINICAL COSMETOLOGY
(PGDCC)**



9028016667

POST GRADUATE DIPLOMA IN CLINICAL COSMETOLOGY(PGDCC)

**MODULE 1
CLINICAL COSMETOLOGY**



**MODULE 2
TRICHOLOGY**



**MODULE 3
ADVANCE COSMETOLOGY & LASER**

MODULE 1

CLINICAL COSMETOLOGY

SKIN FUNDAMENTALS

- INTRODUCTION TO COSMETOLOGY
- SKIN ANATOMY & PHYSIOLOGY
- SKIN STRUCTURE & FUNCTION
- SKIN ANALYSIS & DERMASCOPE
- SKIN CARE REGIMEN ACCORDING TO SKIN TYPES
- SUNSCREEN
- PATIENT CONSULTATION
- DOCUMENTATION & MEDICO LEGAL ASPECTS

ACNE MANAGEMENT

- CAUSATIVE FACTORS & EPIDEMIOLOGY
- GRADING AND TYPES OF ACNE
- PATHO PHYSIOLOGY OF ACNE
- MANAGEMENT OF ACNE

ACNE SCAR T/T

- TYPES OF SCARS
- PATHOGENESIS OF SCAR FORMATION
- MANAGEMENT OF SCARS
- MANAGEMENT OF STRETCH MARKS

PIGMENTATION DISORDERS

- **BASICS OF SKIN PIGMENTATION**
- **ALL ABOUT MELANIN**
- **PROCESS OF ABNORMAL HYPERPIGMENTATION**
- **FITZPATRICK SKIN TYPES**
- **MELASMA**
- **POST INFLAMMATORY HYPERPIGMENTATION**
- **ACANTHOSIS NIGRICANS**
- **BIRTHMARKS**
- **FRECKLES**
- **VITILIGO,IGH,PID**

CHEMICAL PEELS

- **FUNDAMENTALS OF PEELS**
- **CLASSIFICATION OF PEELS**
- **METHOD OF PEELING**
- **COMBINATION PEELS**
- **POST CARE INSTRUCTIONS & FOLLOW UP**

MACHINE PROCEDURES

- **HIGH FREQUENCY**
- **OXYGENEO**
- **H2O2 / HYDRA FACIAL**
- **CAUTERIZATION**
- **GALVANIC**
- **ULTRASONIC**
- **MDA**
- **LIGHT THERAPY MACHINES(PDT)**

MODULE 2

TRICHOLOGY

HAIR FUNDAMENTALS

- **INTRODUCTION TO TRICHOLOGY**
- **STRUCTURE OF HAIR**
- **STRUCTURE OF HAIR ROOT**
- **STRUCTURE OF HAIR SHAFT**
- **COMPOSITION OF HAIR**
- **HAIR COLOUR**
- **PROCESS OF HAIR GROWTH**
- **TYPES OF HAIR**
- **PHASES OF HAIR GROWTH & HAIR GROWTH CYCLE**

HAIR LOSS

- **CAUSATIVE FACTORS FOR HAIR LOSS**
- **CLASSIFICATION OF HAIR LOSS/ ALOPECIA**
- **ANDROGENIC ALOPECIA- MALE & FEMALE PATTERN**
- **POST PARTUM ALOPECIA**
- **TRACTION /TRAUMA ALOPECIA**
- **ALOPECIA AREATA**
- **TELOGEN EFFLUVIUM & GENERALISED ALOPECIA**
- **MANAGEMENT OF EACH TYPE OF ALOPECIA**
- **SUPPLIMENTS & MEDICINES FOR HAIR**
- **INVESTIGATIONS FOR HAIR ISSUES**
- **HAIR CARE**

HAIR CONSULTATION

- **CONSULTATION**
- **INVESTIGATIONS**
- **ANALYSIS OF HAIR WITH TRICHOSCOPE**
- **DOCUMENTATION & MEDICO LEGAL ASPECTS**

PROCEDURES

- **HIGH FREQUENCY**
- **LOW LEVEL LASER THERAPY (LLLT)**
- **DANDRUFF MANAGEMENT**
- **MICRO NEEDLING**
- **PRP**
- **MESO THERAPY**
- **GFC TREATMENT**
- **LASER COMB FOR GROWTH**

DISORDERS OF HAIR

- **CANITIES**
- **HYPERTRICHOSIS**
- **TRICHOPTILOSIS**
- **TRICHORHHEXIS NODOSA**
- **TRICHOTILOMANIA**
- **DANDRUFF**
- **TINEA CAPITIS**
- **FOLLICULITIS**
- **SEBORRHEIC DERMATITIS**
- **PEDICULOSIS CAPITIS**

MODULE 3

ADVANCE COSMETOLOGY & LASER

LASER FUNDAMENTALS

- INTRODUCTION TO LASERS
- LASER FUNDAMENTALS
- LASER SAFETY INSTRUCTIONS

LASERS USED

- TYPES OF LASERS USED IN COSMETOLOGY
 - IPL LASER
 - DIODE LASER
 - ND YAG LASER
 - MNRF
 - HIFU

LASER TREATMENTS

- LASER HAIR REMOVAL
- TATTOO RMOVAL
- CARBON LASER TREATMENT
- LASER PHOTO REJUVENATION
- LASER ACNE TREATMENT
- LASER FOR SCARS AND STRETCH MARK
- LASER FOR ANTI AGING
- LASER FOR HYPERPIGMENTATION,MELASMA,DARK ARMPITS,LIPS
- BIRTHMARK REMOVAL

ADVANCE PROCEDURES

- **MICRO NEEDLING FOR SKIN**
- **PRP FOR SKIN**
- **VAMPIRE FACIAL**
- **MESOTHERAPY FOR SKIN**
- **RF FOR SKIN TIGHTENING**
- **NECK REJUVENATION**

**ANTI ANGING
TREATMENTS FOR SKIN**

**GLUTATHIONE THERAPY
FOR SKIN**

MEDI FACIALS

- **HYDRA FACIAL**
- **OXY FACIAL**
- **ANTI ACNE FACIAL**
- **ANTI AGING FACIAL**
- **SKIN LIGHTENING GLOW FACIAL**
- **SKIN TONING FACIAL**
- **CARBON LASER FACIAL**
- **LASER PHOTO FACIAL**

ELIGIBILITY FOR PGDCC

- MBBS
- BDS/MDS
- BAMS
- BHMS
- BUMS, B.P.TH
- FINAL YEAR & INTERNSHIP STUDENTS
- HEALTHCARE PROFESSIONALS-
PHARMACY & NURSING

DURATION:

3 MONTHS ONLINE LECTURES

(MONDAY TO FRIDAY-1 HOUR

DAILY)+ 7 DAYS OFFLINE HANDS

ON SESSION

AFFILIATIONS/ACCREDITATIONS:



WHAT STUDENTS SAY ABOUT COURSES



STUDENT REVIEW

Hi everyone I have done cosmetology course from pristine institute under the guidance of Dr Preetee madam .

The depth of theoretical & practical knowledge given by ma'am is tremendously great.

The handson given during the practical was very much to the point also the details taught during the practical is very nice. I personally recommend this institute for the respected course

DR. AKSHATA KUNJIR



STUDENT REVIEW

It was simply an amazing Learning Experience of mine at Pristine Institute. I have completed my PG Diploma in Advance Cosmetology & Laser. My special thanks & Sincere gratitude to Preetee Ma'am for enhancing my Learning Curve which would help me in my future career growth...

P.S. : Thanks to komal Ma'am & Kiran Ma'am for all their backend support during my course..

SARIKA SAIGAL



STUDENT REVIEW

Had amazing experience with clinical cosmetology, trichology and laser training. Best institute in India for doctors.👍

DR. KOMAL PAWAR



STUDENT REVIEW

Best skin treatment centre .. Dr preetee follows a "no compromise in quality " principle for treatments

Personal touch and care provides the outmost safety for the patients skin and hair She ensures every step to be safe and Qualitative

As a student ive learn the best from the institute

Proud to be pristinian ...

DR. SHAM DARADE



THANK YOU



Website: www.thepristineinstitute.com



Address: Kharadi, pune



Email Address: Pristineinstitute@pune@gmail.com



Pristine_institute_pune



9028016667

