Specialist Postgraduate Diploma Course

Cosmetic Acupuncture & Chinese Cosmetology

Sponsored by

AcuMedic Foundation
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Dear doctor / practitioner,

Thank you for your enquiry for our CMIR approved Specialist Postgraduate diploma course on Cosmetic Acupuncture & Chinese Cosmetology.

Chinese Cosmetology has a long tradition, being part of Chinese medicine. Its clinical practice is based on the theoretical principles of syndrome diagnoses and differentiation.

The concept of 形 (Xing) and 神 (Shen) relate the ‘Body Shape’ and ‘Spirit’ in terms of external look depending on the internal health emotionally and physically. The Chinese always esteem 气质 ‘the quality of Qi’ as the ultimate expression of beauty. Therefore the Chinese view ‘attractiveness’ is a natural quality and not an artificial make-up, hence the holistic concept of ‘beauty from within’.

A beautiful exterior depends on a balance healthy interior. This depends on our lifestyle to engender well being and therapist to regulate the internal disharmony. In the case of skin disorders, obesity, deformity of appearance, rapid aging and the lack of energetic luster we need to use Chinese medicine and acupuncture to address these problems. Chinese cosmetology and cosmetic acupuncture therefore has a broad application linking lifestyle, therapy to medicine treatment. Western beauty therapy and medical cosmetic procedures such as surgery, botox are external correction in essence.

An integrated approach to cosmetology or aestheticism should be the future direction in developing better solution to enhance beauty and combat aging.

This diploma course content concentrate on cosmetic acupuncture as the central themes whilst Chinese medicine serves as the foundation. The course will cover clinical cosmetic acupuncture with contents as outlined above.

Confirmation details of programme, hotel, car parking etc. will be sent to you upon receiving your booking.

We look forward to hearing from you.

Yours Sincerely,

Professor Man Fong Mei
Course Organiser
Course Overview

Duration: 24 Modules

The purpose of this specialist diploma course on Cosmetic Acupuncture and Chinese Cosmetology is to bring about a basic qualification required for the practice of this specialist technique.

It should be viewed as additional qualification for a Chinese medicine practitioner, acupuncturist, and other qualified practitioner. This course assumes knowledge of anatomy and physiology also basic knowledge of body acupuncture. Since course is focusing on cosmetic acupuncture, points relating to the face and cosmetology only will be taught.

Chinese medical theory is an important content of Chinese Cosmetology on which acupuncture is based. However, in this specialist course we only discuss Chinese Medical theory and diagnosis in relation to facial acupuncture and cosmetology. Those who wish to acquire knowledge in the practice of Chinese medicine should consider our DCMAc, DAc & DCHAc postgraduate diploma course.

The course consists of 24 modules being covered in two years. Two modules are given at a time at the weekend. For specific dates please see booking form. The course also emphasises hands on clinical tuition and practice with a final examination.

Entry Requirements

- Qualified acupuncturist or with relevant acupuncture qualifications.
- Belonging to a recognised acupuncture professional organisation as a current accredited registered member.
- Proof of education in the area of acupuncture professional training to a recognised standard.
- Candidates that do not satisfy the above criteria can request an admission interview.

Fees, Cancellations and Refunds, Transfers

Fees:
Modules (days) are charged at £180.00. This includes extensive course notes, needles, patients for case demonstrations, refreshments and a Chinese buffet lunch. Prices include VAT.

- Book 6 modules Theoretical Training Course three months prior before the course due to start qualifies for 10% discount (£1,080.00 less £108.00) £972.00
- Book complete 24 modules Diploma Course in advance qualifies for more than 20% discount (£4,320.00 less £920.00) £3,400.00
- Examination Fee £180.00

Courses are in high demand and places are limited, participants are advised to book early to secure a place on the course.

Cancellations and Refunds:
We only accept cancellations for a refund in writing 20 working days before the course date. A 5% administration fee will be charged. Refunds cannot be given for cancellations made less than 20 working days prior to the course date.

Transfers:
There will be no charge applied if a request for a transfer is made in writing one week before the course date.

Course Changes:
Course modules are subject to change and availability, advanced notice will be given- AcuMedic Foundation reserves the right of explanation.
CMIR approved Specialist Postgraduate Diploma Course in Cosmetic Acupuncture & Chinese Cosmetology (CCosD)

Full Course Structure

Theoretical Training in Chinese Cosmetology

Treatment in Chinese Cosmetology
- Acupuncture
- Chinese herbal medicine
- Ear & Electro acupuncture
- Massage therapy
- Gua Sha therapy
- Cupping therapy
- Moxibustion
- Plum-blossom needle therapy
- Nutrition therapy

Skin Conditions
- Anti-aging & face lift
- Acne vulgaris
- Chloasma
- Eczema
- Brandy nose
- Seborrheic dermatitis
- Psoriasis
- Polytrichosis

Body Shape
- Obesity
- Underweight
- Body toning
- Anorexia
- Cellulite
- Non-healing ulcer
- Carbuncle or gangrene
- Urticaria

Hair Conditions
- Premature grey hair
- Poor quality of hair
- Hair loss

Eye Conditions
- Dark circle around eyes
- Eye bags

Other Conditions
- Sweating syndrome
- Bad breath

Examination for CCosD
Morning: Written Test / Afternoon: Practical Test with Patient

Membership of the Chinese Medical Institute & Register (CMIR) under the category of Speciality Register Chinese Cosmetology
Module Contents (B12009 - B62009)

Fundamental Concept of Chinese Cosmetology - B12009
- Overview of Chinese cosmetology
- The relationship between Chinese cosmetology and conventional cosmetology
- Chinese cosmetology acupuncture manipulation
- Practical session on needle technique on the face

Theoretical Foundation of Chinese Cosmetology - B22009
- Zang-Fu, Viscera and Chinese cosmetology
- Qi, blood and body fluid and Chinese cosmetology
- Meridians and Chinese cosmetology
- Emotion and Chinese cosmetology
- Six climate changes in Chinese cosmetology
- Diet in Chinese cosmetology
- Over strain and rest in Chinese cosmetology
- Practical session on most commonly used acupoints - location, indication, needling techniques

Diagnostic Methods in Chinese Cosmetology I - B32009
- Complexion for the face
- Internal organs and the face
- Tongue diagnosis
- Practical session on observation techniques and syndrome differentiation

Diagnostic Methods in Chinese Cosmetology II - B42009
- Diagnostic method of Observation - Vitality, Figure, Skin
- Diagnostic method of Listening - Voice, Language
- Diagnostic method of Questioning - General conditions & Common symptoms
- Pulse diagnosis
- Practical session on observation and palpation

Syndrome Differentiation in Chinese Cosmetology - B52009
- Syndrome differentiation on eight fundamental syndromes
- Syndrome differentiation on disease causes
- Syndrome differentiation on Qi, blood and body fluid
- Syndrome differentiation on internal organs
- Syndrome differentiation on types of skin & constitution
- Syndrome differentiation on quality of Qi
- Practical session on choosing acupoints according to syndrome types

Facial Anatomy in Relation to Cosmetic Acupuncture - B62009
- The muscles on the craniofacial region
- The blood vessel & nerves on the craniofacial region
- The skeleton on the craniofacial region
- The physiology structure of the skin in the body
- Observing the wrinkles on the face
- Practical session on observation different types of wrinkles & facial anatomy in relation to facial wrinkles
Module Contents (B72009 - B122009)

Treatment on Skin Conditions I - Anti-aging & Face Lift - B72009
- Winkles on the face and neck
- The formation of wrinkles
- The contribution factors to the formation of wrinkles
- Commonly used acupoints on the face and neck
- Needling techniques on wrinkles
- Practical session on commonly used acupoints for face lift

Massage Therapy on Anti-aging & Face Lift - B82009
- Massage techniques on the face and neck
- Acupressure on the acupoints
- External use of Chinalife herbal remedies on the face and neck
- Course of treatment and maintaining the effectiveness
- Practical session on massage therapy with external use of herbal remedies for individual condition

Chinese Herbal Medicine in Cosmetology - B92009
- Basic principle and pharmacological methods for treatment
- The principle of combing herbs & hierarchy in herbal formulae
- Application of Chinese herbal formulae according to syndrome differentiation
- Single herbs and tonifies used in Chinese cosmetology
- Practical session on notifying, tasting commonly used herbs & prescribing herbal formulae

Applications of Ear & Electro-acupuncture in Chinese Cosmetology - B102009
- Electro-acupuncture - Technical aspects including waveform, frequency, intensity and treatment pulses trains
- The use of Energy Walker in Chinese cosmetology
- Ear acupuncture - commonly used auricle points & ear acupoints
- Ear acupuncture - treatment principle & manipulation
- Common conditions treated by Ear acupuncture therapy
- Practical session on Ear & Electro-acupuncture concerning cosmetology treatment

GuaSha & Other Therapy in Chinese Cosmetology - B112009
- GuaSha in Chinese cosmetology
- Introduction of GuaSha therapy
- Cupping therapy in Chinese cosmetology
- Moxibustion in Chinese cosmetology
- Plum-blossom needle therapy
- Practical session on GuaSha, Cupping, Moxa and Plum-blossom needle therapies

Treatment on Skin Conditions II - B122009
- Acne vulgaris - Etiology and pathogenesis
- Acne vulgaris - common clinical manifestation according to Stages
- Acne vulgaris - syndrome differentiation and treatment
- Chloasma - etiology and pathogenesis
- Chloasma - common clinical manifestation according to Causes
- Chloasma - syndrome differentiation and treatment
- Practical session on Acne and Chloasma with different therapies
Module Contents (B132009 - B182009)

Body Shape - Obesity & Underweight - B132009
- Understanding obesity in Chinese cosmetology
- Syndrome differentiation and treatment on obesity
- Underweight overview
- Syndrome differentiation and treatment on underweight
- Body toning & Anorexia management
- Practical session on above conditions with acupuncture and massage

Treatment on Cellulite in Chinese Cosmetology - B142009
- Etiology & pathogenesis and clinical manifestations
- Understanding cellulite in Chinese medicine
- Syndrome differentiation and treatment
- Management in treating cellulite
- Non-healing ulcer, carbuncle or gangrene
- Practical session on cellulite with acupuncture, GuaSha and cupping

Treatment on Skin Conditions III - B152009
- Eczema - Etiology and pathogenesis
- Eczema - skin lesion’s characteristics
- Eczema - syndrome differentiation
- Brandy nose - Etiology and pathogenesis
- Brandy nose - clinical manifestation
- Brandy nose - syndrome differentiation and treatment
- Practical session on four diagnostic methods, syndrome differentiation and needling techniques

Treatment on Skin Conditions IV - B162009
- Seborrheic dermatitis - Etiology and pathogenesis
- Seborrheic dermatitis - clinical manifestation
- Seborrheic dermatitis - syndrome differentiation
- Psoriasis - Etiology and pathogenesis
- Psoriasis - clinical manifestation
- Psoriasis - syndrome differentiation
- Practical session on needling techniques and other methods, discussion of external use of herbs

Treatment on Hair Conditions - B172009
- Premature grey hair
- Poor quality of hair
- Hair loss
- Practical session on syndrome differentiation, treatment, different needling techniques for hair condition

Treatment on Facial Appearance - Eye Conditions - B182009
- Dark circle around the eyes
- Eye bags
- Syndrome differentiation and treatment for eye conditions
- Practical session on ear acupuncture for treating conditions related to Chinese cosmetology
Module Contents (B192009 - B242009)

**Nutrition in Chinese Cosmetology & Comprehensive Therapy in Anti-aging - B192009**
- Relationship between food and meridians
- Clinical applications of food therapy
- Understanding aging process in Chinese cosmetology
- Anti-aging treatment with Chinese medicine
- Practical session on syndrome differentiation, acupuncture, ear and electro-acupuncture

**Treatment on Skin Conditions V - Urticaria & Polytrichosis - B202009**
- Urticaria - Etiology and pathogenesis
- Urticaria - clinical manifestations
- Urticaria - syndrome differentiation and treatment
- Polytrichosis - Etiology and pathogenesis
- Polytrichosis - clinical manifestations
- Polytrichosis - syndrome differentiation and treatment
- Practical session for treating above conditions with acupuncture, Chinese medicine and other therapies

**Treatment on Sweating Syndrome & Bad Breath in Chinese Cosmetology - B212009**
- Sweating syndrome - Etiology and pathogenesis
- Sweating syndrome - syndrome differentiation and treatment
- Bad breath - Etiology and pathogenesis
- Bad breath - syndrome differentiation and treatment
- Practical session on acupuncture & more comprehensive treatment methods for above conditions

**Summary Lecture I - B222009**
- Theoretical foundation on Chinese cosmetology
- Diagnostic methods in Chinese cosmetology
- Syndrome differentiation
- Treatment methods
- Questions & answers
- Discussion of the final exam

**Summary Lecture II - B232009**
- Clinical applications on skin condition
- Clinical applications on body shape
- Clinical applications on hair condition
- Clinical applications on other conditions
- Clinical test procedure for the final exam
- Questions & answers

**Mock Exam - B242009**
- Theory mock test
- Questions & answers
- Clinical mock test
- Questions & answers
# Course Dates for
## Cosmetic Acupuncture & Chinese Cosmetology (CCosD)

### Theoretical Training in Chinese Cosmetology
- **B12009** 24 Oct. 2009  Fundamental Concept of Chinese Cosmetology
- **B22009** 25 Oct. 2009  Theoretical Foundation of Chinese Cosmetology
- **B32009** 21 Nov. 2009  Diagnostic Methods in Chinese Cosmetology I
- **B42009** 22 Nov. 2009  Diagnostic Methods in Chinese Cosmetology II
- **B52009** 20 Feb. 2010  Syndrome Differentiation in Chinese Cosmetology
- **B62009** 21 Feb. 2010  Facial Anatomy in Relation to Cosmetic Acupuncture

### Treatment Training in Chinese Cosmetology
- **B72009** 27 March 2010  Treatment on Skin Conditions I - Anti-aging & Face Lift
- **B82009** 28 March 2010  Massage Therapy on Anti-aging & Face Lift
- **B92009** 10 April 2010  Chinese Herbal Medicine in Cosmetology
- **B102009** 11 April 2010  Applications of Ear & Electro-acupuncture in Chinese Cosmetology
- **B112009** 22 May 2010  GuaSha & Other Therapy in Chinese Cosmetology
- **B122009** 23 May 2010  Treatment on Skin Conditions II
- **B132009** 19 June 2010  Body Shape - Obesity & Underweight
- **B142009** 20 June 2010  Treatment on Cellulite in Chinese Cosmetology
- **B152009** 18 Sep. 2010  Treatment on Skin Conditions III
- **B162009** 19 Sep. 2010  Treatment on Skin Conditions IV
- **B172009** 23 Oct. 2010  Treatment on Hair Conditions
- **B182009** 24 Oct. 2010  Treatment on Facial Appearance - Eye Conditions
- **B192009** 13 Nov. 2010  Nutrition in Chinese Cosmetology & Comprehensive Therapy in Anti-aging
- **B202009** 14 Nov. 2010  Treatment on Skin Conditions V - Urticaria & Polytrichosis
- **B212009** 12 Feb. 2011  Treatment on Sweating Syndrome & Bad Breath in Chinese Cosmetology
- **B222009** 13 Feb. 2011  Summary Lecture I
- **B232009** 5 March 2011  Summary Lecture II
- **B242009** 6 March 2011  Mock Exam

### Examination
Each module (day) can be taken as part of the Specialist diploma course, on its own as a one-off course, or in any combination with any of the rest of course. A certificate of attendance will be issued. 6 CPD credits for each module.

*Full course information pack is available on request:
Tel: 0207 388 6704  Email: courses@acumedic.com*
Examination and Diploma Issue

On completion of the full course, students can attend the final examination which is held every two years. The examination is divided into two parts - part I is a written examination to assess the understanding of the basic concepts and theories in Cosmetic Acupuncture & Chinese Cosmetology. Part II is a clinical examination to test the practical skills and techniques of applying Chinese herbal medicine, acupuncture and other therapies.

The diploma is issued and officially recognised by the Chinese Medical Institute & Register (CMIR) and the AcuMedic Foundation. It entitles the bearer to the fully professional membership of CMIR.

Clinical Tuition

Clinical tuition is an essential part of the course and the most effective way to train and enhance your practical skills and techniques. Clinical training is carried out under the supervision of the clinical tutors with patients at the AcuMedic Clinic. Each group consists of 6~10 students.

Medical Trip to China

AcuMedic Clinical Trips to Chinese hospitals are arranged every year for the duration of approximately 2 weeks. The tour is designed for those who wish to acquire first hand knowledge of acupuncture and Chinese medicine as practiced in Chinese hospitals, including observation, tutorial instructions, and clinical practice. Extensive sightseeing programs are arranged for the participants and their accompanying family.

Specialist Symposium

From time to time specialist symposium are arranged by the course organiser for the purpose of updating and introducing the latest Chinese medicine and acupuncture related techniques from different parts of the world. This process adds an international dimension to the course.
What our students have said ...

Kay Smith  Acupuncturist
I thoroughly enjoyed the course. Dr. Chen is an excellent tutor and puts so much effort into the delivery of the information. I have gained knowledge and confidence from this course. I have found all the courses at AcuMedic to be very professional.

Dr. Meena Amour  Chinese medical practitioner
The most impressive experience I had on this course is the knowledge and the practical skills in acupuncture the tutors have. Their wonderful attitude and the atmosphere they create in order for us to study.

Anita Chauhan  Healthcare Professional
I really enjoyed the facial practical and cupping and the enthusiasm of the lecturers was well received; during the course we are trying the herbs and sharing knowledge!

Jane Roberts  Acupuncturist
I am becoming confident about offering cosmetic acupuncture treatment. I am finally convinced that it works. Dr. Lily took all the mystery out of it.

Kim Mendez  Chinese medical practitioner
The level of teaching is excellent! I feel I would not have had better tuition anywhere. I have continued with more courses at AcuMedic as teaching such an excellent high standard. It is as if we have a course of Beijing at Camden Town.

Dr. Anne-Marie Marlow  Doctor & Chinese medical practitioner
The course was good and comprehensive - good to see patients, very enjoyable.

Rosalind Yin  Nurse & Chinese medical practitioner
An excellent course building on knowledge gained in diploma course. I had not realised that cosmetic acupuncture is such an extensive field of knowledge. The topic was taught with enthusiasm, that from my experience is unrivalled. An extremely well organised course. Many thanks to AcuMedic patients.

Cosmetic Acupuncture Class 2007

First Group of Cosmetic Acupuncture Diploma

Clinical Study at AcuMedic

Theory Examination

Clinical Examination

Theory Examination

Clinical Examination
Cosmetic Acupuncture & Chinese Cosmetology 2009

Booking Form

The full postgraduate diploma course is charged at £180 per module, includes extensive course notes, case studies, patient demonstrations, refreshments and Chinese buffet lunch. (Total 12 sessions/24 modules. Courses are held on weekends.)

Payment Schemes

Full cost for the course £4320.00

☐ Pay for each weekend before attending at £360.00 (No discount)

☐ Please fill in Course Autopay Authorisation Form.

☐ 3 Instalments payment (Total £4200.00):

1st Instalment before 1st September 2009 £1400.00
2nd Instalment before 1st April 2010 £1400.00
3rd Instalment before 1st October 2010 £1400.00

☐ One complete payment made before 1st September 2009:

£3400.00 (Discounted at more than 20%)

Payment Method

☐ I enclose a cheque made payable to AcuMedic Foundation for £

☐ I complete the Course Autopay Authorisation Form

☐ Please debit my credit card for £

Card No. ____________________________ Exp. __/____ Security Code (last three digits at back of the card) __

Your Details

Name_____________________________________________ Your Profession________________________

Address______________________________________________________________________________________

Post code_________________________________ Email_______________________________________________

Telephone______________________________ Best time to call_______________________________________

☐ Register Acupuncturist ☐ Registered Chinese Medical practitioner

☐ Medical Doctor ☐ Other profession (Please specify) __________________________

(The AcuMedic Foundation reserve the right of admittance to the course)

Important: Please enclose copies of certificates of Education or Qualifications

Payment, Cancellations and Refunds

Payment is to be made in advance before attending the course. We only accept cancellations for a refund in writing 20 working days before the course date. A cancellation fee of £300.00 will be deducted for any refund. Refunds cannot be given for cancellations made less than 20 working days prior to the course date.

Course Changes: Course modules are subject to change and availability, advance notice will be given –

All rights are reserved by the AcuMedic Foundation. I understand the terms and agreements above

Sign_____________________________________________________________ Date________________________
Cosmetic Acupuncture & Chinese Cosmetology

Speicalist Postgraduate Diploma Course

Learn Cosmetic Acupuncture to add value to your clinic
Stay ahead of the game

Existing knowledge of anatomy and physiology. Those who are qualified in Acupuncture and assume in the interests of professionalism, this course is only open to practice of this specialist technique. This course is to be a professional qualification required for the and ageing both locally and internally. Eventually we expect acupuncture and Chinese herbal medicine to treat the skin. This specialist diploma course will teach you how to use.

Facial Rejuvenation Acupuncture & Chinese Cosmetology

Venue: AcuMedic, 101-105 Camden High Street, London, NW1 7UN
Tel: +44 (0)20 7388 6704
Email: courses@acucomedic.com www.acucomedic.com

Contact the Course Administrator

24 modules (12 weekends) starting on 24th October 2009