

LIGHT YEARS ahead



Vicky Eldridge travels to Cheadle near Manchester to find out about Lynton Lasers new training venture with the University of Manchester

As the likelihood of regulation becomes less and less and the number of training providers becomes more and more, the need to provide accredited training that can deliver benchmarked education is increasingly important. Earlier this year Lynton Lasers became the first distributor in the aesthetics market to offer participants in its courses a certificate of attendance from an Institute of Higher Education, after teaming up with the University of Manchester. The collaboration was launched in August and I was there to find out what it was all about.



The course I was sitting in on was the three-day Advanced Skin Laser Applications. Like all of the courses, it was being held at Lynton's Centre of Excellence, a state of the art training facility located within the Lynton Clinic in South Manchester. The centre is equipped with the latest interactive audio-visual technology and the room is bright and airy with comfortable chairs and desks, making it an ideal learning environment. The training facilities are also given an added dimension by the fact that they

are situated within the working clinic, where the technologies being taught are used on a daily basis for paying customers.

The courses are suitable for anyone operating laser or Intense Pulsed Light systems or those who just want to expand their knowledge in this field. As well as the Advanced Skin Laser Applications course Lynton also offer a one-day Core of Knowledge course and an intensive one-day introduction to Skin Laser

Applications course. The Core of Knowledge module is based on the syllabus outlined by the MHRA, and covers all aspects of basic laser safety, while the Introduction to Skin Laser Applications module gives an overview of different skin laser applications, including hair removal, vascular and pigmented lesion treatment, tattoo removal and skin rejuvenation as well as discussing the latest technologies, such as fractional lasers. The Advanced Skin Laser Applications module is designed for experienced laser practitioners. It expands on the topics covered in the introductory course. There is more emphasis on laser safety and risk assessment, and on the identification of different skin conditions and their suitability for treatment.

One of the things I liked most about the Lynton course was the range of tutors leading the training throughout the three days. No matter how eager we are to learn or how interesting the subject matter we would all probably admit that three days listening to one person speak may become a little laborious, but the wealth of knowledge the trainers had combined with their diversity of fields made for interesting learning. Heading up the training is Dr Samantha Hills who has been part of the Lynton team

since 2002. Sam gained a first degree in Physics before studying for her PhD in Physics and Pharmaceutical Sciences, working in the field of light responsive drug delivery. She met Lynton MD Dr Jon Exley, also one of the lecturers on the course, at the University of Manchester in 1995. Jon joined Lynton as soon as got his doctorate, while Sam carried on working in a post doctoral position as a research scientist for another four years carrying out research into laser and other light based methodologies. Now Sam is responsible for the development of the training courses at the Lynton Clinic training centre and the in-depth training programs that all customers of Lynton aesthetic products attend. She has trained more than 500 people and has published more than 30 papers in a variety of medical and scientific journals. She is incredibly passionate about her subject matter and despite her incredibly scientific background, has a very relaxed and informative style of teaching that makes, what can be an incredibly difficult subject matter, easy to understand. Throughout the three days she presents on subjects ranging from light-tissue interactions, consultation and treatment procedures and dealing with adverse reactions to hair removal, tattoo removal and skin rejuvenation.

Jon's ability to explain the complexities of lasers and IPL's is equally effortless when he gets up to speak about the latest advances in aesthetic photomedicine, and his background is equally as impressive. His interest in lasers began whilst studying physics both at the University of Leeds (UK) and the Université Joseph Fourier in Grenoble (France). Following graduation with a first class honours degree, he joined one of the UK's leading medical laser research centres at the University of Manchester to undertake a PhD. Whilst working in laser research, he was able to spend time at the world famous Beckman Laser Institute (Irvine, California) and helped develop new technologies for medical and cosmetic treatments using Intense Pulsed Light. He is now MD of Lynton and has recently been appointed to the executive board of the British Medical Laser Association (BMLA).

Other lecturers on the course include Dr David Binks, a senior lecturer in Laser Physics at the University of Manchester, who opens the course with a lecture on features of light from laser and IPL sources, and Dr Mark Dickinson, also a senior lecturer at the School of Physics and Astronomy and laser protection advisor at the University of Manchester, who spoke about laser safety management and risk assessment. There are also a number of guest speakers including Tanya Burton, the registered manager at the Lynton Clinic who spoke about the treatment of acne and acne scarring and Miss Sian Falder, a consultant plastic surgeon at Liverpool's Alder Hey Children's Hospital, who presented on vascular and pigmented lesions.

The first batch of delegates certainly seemed to get a lot from the course. "I felt the in-depth explanations of which chromophores interact well with which wavelengths gave me a greater understanding of how we achieve results and to further safeguard against adverse reactions", said Jan Mottershaw. "I feel my confidence has been boosted and I will be able to provide more effective and safer treatments in the future."

"I am very impressed with Lynton and have been given tremendous support from the day of my initial enquiry", added Ruth Jones.



for all the lecturers, and delegates are encouraged to contact them. **ACCREDITATION:** The courses are all approved by the British Medical Laser Association and delegates receive a Certificate of Attendance from the University of Manchester

CONTACT DETAILS: 0845 612 1545, info@lynton.co.uk, www.lynton.co.uk

THE BASICS

COURSES OFFERED: Core of Knowledge; Introduction to Skin Laser Applications; Advanced Skin Laser Applications

FACILITIES: Lynton Centre of Excellence training facility in South Manchester

TRAINERS: Dr Samantha Hills, Dr Jon Exley, Dr Mark Dickinson, Dr David Binks as well as guest lecturers

COSTS: £199 +VAT for the Core of Knowledge and Introduction to Skin Laser Applications; £599 + VAT for the Advanced Skin Laser Applications

REFRESHMENTS AND AMENITIES: A buffet style lunch is put on and tea, coffee, juices, water and biscuits are available throughout the day.



OPEN TO: Anyone operating Laser or IPL systems, or those wanting to extend their background knowledge in this growing field

MAXIMUM NUMBER OF DELEGATES PER COURSE: 12

PRODUCTS USED: The course is not product specific despite being run by a laser distributor. Lynton's devices are discussed but only in context and where necessary. Other technologies on the market are also discussed. The whole approach is very ethical and sticks mainly to the theory and the science, not the products themselves

Course literature: Incredibly comprehensive handbooks containing all the power point presentations from the course as well as copies of consultation forms and record cards

HANDS ON TRAINING: The courses are more theory based than hands on but the clinic houses all the latest laser technologies, which can and are demonstrated if needed.

POST COURSE SUPPORT: Phone numbers and email addresses are given out

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