# AESTHETICA

THE ART • SCIENCE • FUTURE

SEPTEMBER 2026 Edition

## THE NEXT LEVEL

### Clinical Skills. Precision. Excellence.



### IN THIS ISSUE

- Advanced Skin Rejuvenation
- Precision Injectables
- Energy-Based Devices
- Clinical Practice
- Expert Insights

### AESTHETICS 2026

*Where Science Meets Beauty*



**SKIN**

REJUVENATE | RESTORE | RADIATE



**INJECTABLES**

ART | PRECISION | NATURAL RESULTS



**CLINICAL PRACTICE**

ASSESS | PLAN | TREAT | EVALUATE



**HAIR & WELLNESS**

STRONGER | HEALTHIER | CONFIDENT

An I2CAN Publication

**Empowering Aesthetic Excellance**

www.iican.in

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SCIENCE
EDUCATION
PRACTICE
PEOPLE

# Director's Message Aesthetica

ADVANCING
AESTHETIC
EDUCATION
TOGETHER



*"Knowledge When Shared Creates a Stronger Aesthetic Community.*

The last two years have changed what a patient walks into our clinics asking for, and the change is deeper than any single machine or molecule. GLP-1 therapy has quietly reshaped the aesthetic conversation — patients arriving with rapid weight loss now need skin laxity, volume loss and nutritional correction addressed together, not as separate specialities. Regenerative approaches — exosomes, polynucleotides, biostimulators, PRP done properly — are steadily displacing the purely corrective mindset we were all trained in. At the same time, AI-assisted skin analysis and consultation tools are moving from novelty to expectation, and the practitioner who can interpret that data will simply consult better than the one who cannot. Regulation is tightening as well, and this is good news: scope-of-practice clarity protects the serious practitionerand separates them from the weekend-certificate crowd.



GLP-1 THERAPY



REGENERATIVE APPROACHES




AI-ASSISTED SKIN ANALYSIS




REGULATION & SAFETY



NUTRITION FOR BETTER OUTCOMES

What should you do with all this? Choose depth over breadth — one protocol you can defend clinically is worth more than six you half-remember. Build the nutrition layer into your practice, because skin and hair outcomes are increasingly decided at the metabolic level, not the topical one. Learn to document and measure, because the patient of 2027 will ask for evidence before she asks for a discount. And treat learning as a standing commitment rather than an event — this is precisely why our doors, our re-attendance policy and our support groups stay open to you for life.

The industry is not becoming harder; it is becoming more honest, and that favours those of us who prepared.






# From the Editor's Desk

Dr.Sakshi Ranpise
HOD R & D, I2CAN

> *Knowledge Shared Creates a Stronger Aesthetic Community.*

It gives me immense pleasure to present yet another edition of Aesthetica, a publication that continues to bring together knowledge, experience, creativity, and the evolving world of aesthetic medicine.

This edition would not have been possible without the valuable contribution of each and every person who took the time to write, share their knowledge, experiences, ideas, and perspectives. I would like to sincerely thank all our faculty members, students, alumni, and contributors for believing in the vision of Aesthetica and for making this edition truly meaningful. Your enthusiasm and willingness to contribute are what give this magazine its character and purpose.

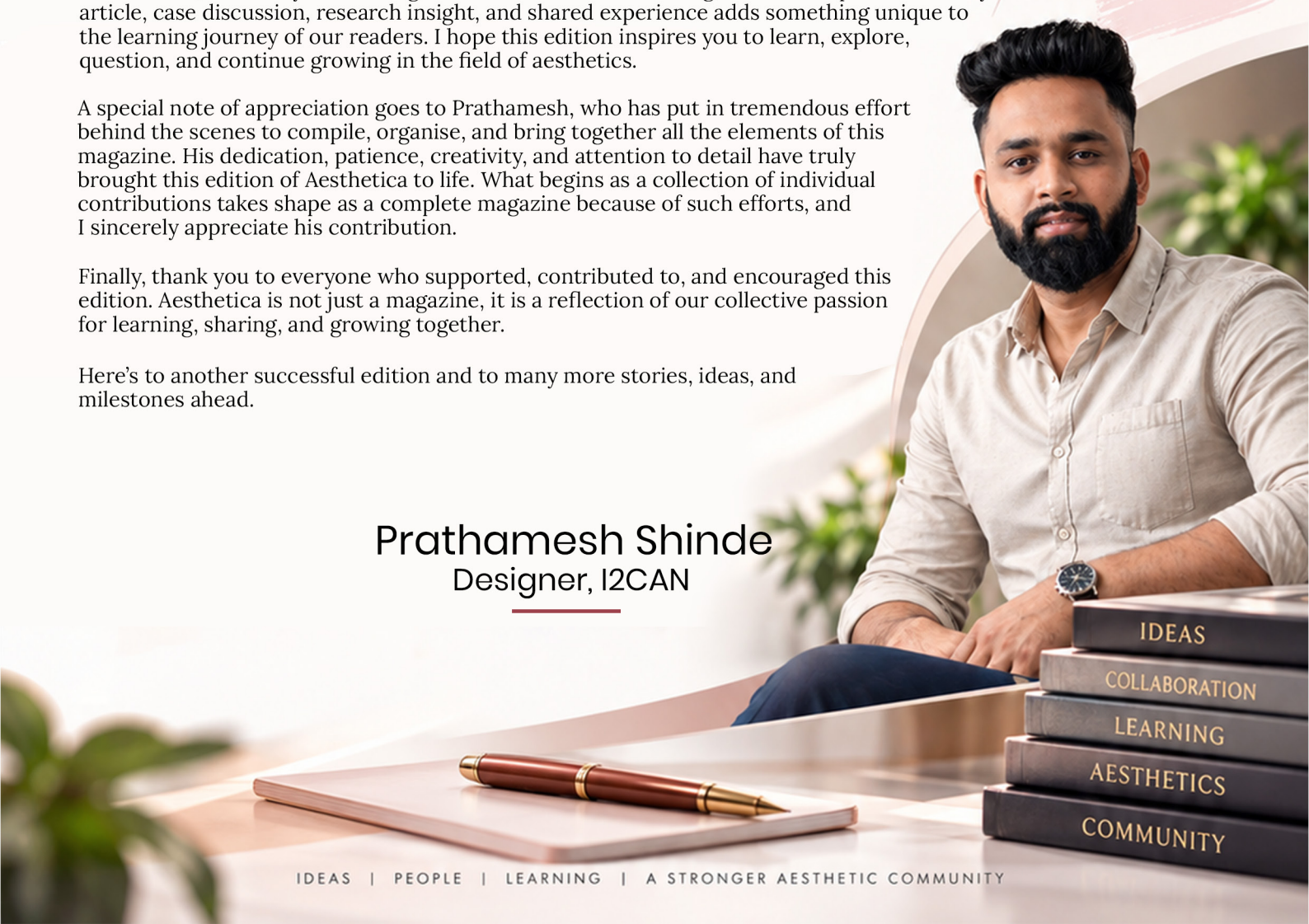
As an editor, it is always rewarding to see diverse ideas come together in one platform. Every article, case discussion, research insight, and shared experience adds something unique to the learning journey of our readers. I hope this edition inspires you to learn, explore, question, and continue growing in the field of aesthetics.

A special note of appreciation goes to Prathamesh, who has put in tremendous effort behind the scenes to compile, organise, and bring together all the elements of this magazine. His dedication, patience, creativity, and attention to detail have truly brought this edition of Aesthetica to life. What begins as a collection of individual contributions takes shape as a complete magazine because of such efforts, and I sincerely appreciate his contribution.

Finally, thank you to everyone who supported, contributed to, and encouraged this edition. Aesthetica is not just a magazine, it is a reflection of our collective passion for learning, sharing, and growing together.

Here's to another successful edition and to many more stories, ideas, and milestones ahead.

Prathamesh Shinde
Designer, I2CAN



ARTICLE

# Aesthetic medicine in Indian Skin types

## Challenges and Clinical solutions



*Dr.Prarthana Sharma*

DIVERSE SKIN
UNIQUE NEEDS
BETTER OUTCOMES




Aesthetic medicine in Indian skin requires a thoughtful and individualized approach. Indian skin, commonly falling within Fitzpatrick types IV–VI, contains higher levels of melanin and is more prone to post-inflammatory hyperpigmentation (PIH), keloids, and hypertrophic scarring. These characteristics significantly influence the choice of procedures, energy settings, injectables.




**Pigmentation is one of the major clinical concerns.** Procedures such as chemical peels, microneedling, and ablative lasers can trigger inflammation and increase the risk of PIH. A conservative, stepwise approach is therefore preferred. Lower energy settings, test spots, fractional non -ablative technologies, and adequate cooling can improve safety. Pre- and post-procedure skincare may include agents such as azelaic acid, kojic acid, retinoids, and consistent



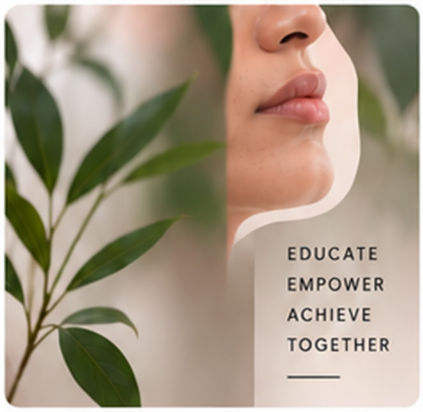

**The tendency toward scarring and the characteristics of a thicker dermis should also be considered.** Minimising tissue trauma during surgical or energy-based procedures is essential. Appropriate wound closure techniques, silicone-based scar management, and early intervention for hypertrophic scars can help achieve better results. In injectable procedures, a detailed understanding of facial anatomy, conservative volumetric correction, and gradual dosing can reduce the risk of nodules, irregularities, and visible product placement.




**Technology selection is equally important.** Longer-wavelength devices, including Nd:YAG 1064 nm lasers, may offerimproved safety for hair reduction & selected pigmentary concerns in darker skin. Picosecond technologies can also be considered when clinically appropriate. For melasma, combining topical treatment, gentle resurfacing, photoprotection, and maintenance therapy—including tranexamic acid in suitable patients —may provide better long-term control, while recognising the possibility of recurrence.




**Finally, patient education is central to successful treatment.** Practitioners should clearly discuss realistic outcomes, PIH and scarring risks, sun protection, and the importance of maintenance therapy. Combining dermatological knowledge, procedural expertise, and personalised skincare allows aesthetic practitioners to deliver safer, more predictable, and effective




> *When science meets diversity, aesthetic possibilities become truly inclusive.*

SKIN | SCIENCE | DIVERSITY | SAFER PRACTICE | BETTER OUTCOMES

A HEALTHIER
BRIGHTER TOMORROW

# The Future of Aesthetic Medicine

## Moving Beyond Beauty to Skin Health



*Aishwarya Badure*







Aesthetic medicine is evolving rapidly with advances in science and technology. Earlier, themain goal was to improve physical appearance. Today, the focus has expanded tomaintaining healthy skin, preventing aging, and improving the overall well-being of patients. Modern aesthetic medicine aims to provide natural-looking results while preserving skinhealth.

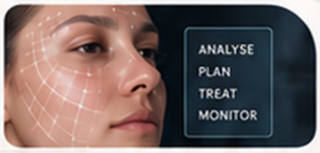
The future of aesthetic medicine is centered on preventive skin care. Instead of treating skinproblems after they develop, doctors encourage early intervention to maintain healthy andyouthful skin.

Personalized treatment plans are becoming the standard of care. Every patient has differentskin types, concerns, and expectations, so treatments are designed according to individualneeds.

Regenerative medicine is becoming an important part of aesthetic practice. Treatments thatstimulate the body's natural healing process and collagen production help improve skinquality and delay signs of aging.

## Recent Advances in Aesthetic Medicine:

**Artificial intelligence** is improving skin analysis and personalized treatment planning.




**Regenerative medicine**, including PRP, exosomes, and biostimulators, is helpingrestore skin health and stimulate collagen production.



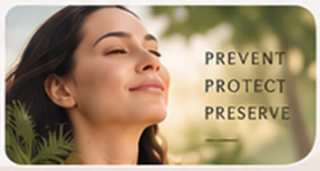

**Combination therapies** are providing better and longer-lasting results by addressingmultiple skin concerns at the same time.



**Advanced energy-based devices** are offering safer, minimally invasive treatmentswith faster recovery.



**The concept of skin longevity** is encouraging preventive care to maintain healthy skinthroughout life.







*Invest in Skin Health Invest in Yourself*




## Conclusion

The future of aesthetic medicine is moving beyond beauty to skin health. The focus ison prevention, personalisation, advanced technology, regenerative treatments, andlong-term skin wellness. The ultimate goal is not only to improve appearance but alsoto maintain healthy, functional,

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HEALTHIER SKIN
BRIGHTER OUTCOMES
A BETTER TOMORROW

# Skin Barrier Science

## The Foundation of Successful Aesthetic Treatments



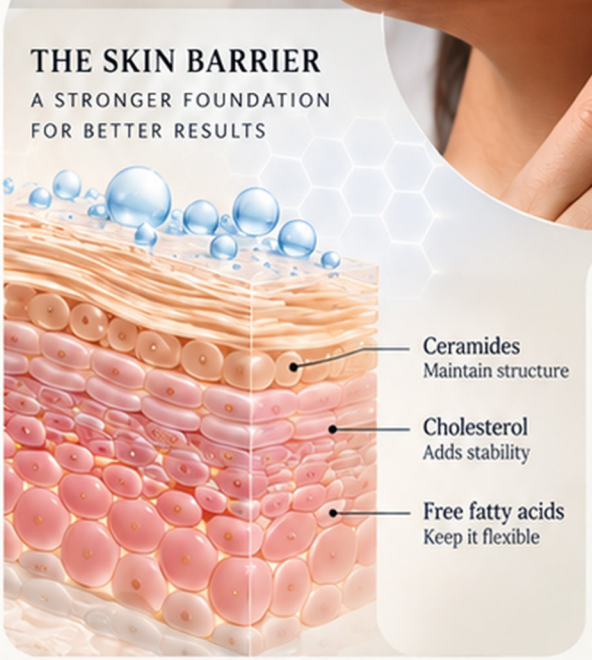
*Dr. Aishwarya Khare*




The skin barrier is no longer considered just a protective layer. In 2025 and 2026, aesthetic medicine is shifting its focus from quick cosmetic fixes to long-term skin health, and the barrier sits at the centre of this change.

The stratum corneum, supported by ceramides, cholesterol, and free fatty acids, forms the brick-and-mortar structure of the skin. It controls transepidermal water loss, defends against pathogens, and regulates immune responses. When this barrier is intact, skin is resilient, hydrated, and tolerates procedures well. When it is compromised, we see dryness, sensitivity, inflammation, and unpredictable healing.

This matters because nearly all modern aesthetic treatments create controlled skin injury. Chemical peels, fractional lasers, microneedling, radiofrequency, and even injectables trigger inflammation and repair pathways. If the barrier is already weak, the same treatment can lead to prolonged redness, irritation, and post-inflammatory pigmentation. If the barrier is strong, recovery is faster and results are more stable.




Recent research highlights three clinical implications. First, pre-treatment skin preparation is key. A 2-to-4-week period of barrier support with ceramide-rich moisturizers, niacinamide, and gentle cleansers improves treatment tolerance. Second, procedure selection should be guided by barrier status. A patient with barrier dysfunction may benefit more from low-energy devices or spaced sessions than from aggressive single sittings. Third, post-procedure care must prioritize barrier repair. Occlusive moisturizers, growth factors, and strict photoprotection are now as important as the procedure itself.

The future of aesthetics is moving "beyond beauty." Patients are asking not just how they look, but how healthy their skin is. By understanding and protecting the skin barrier, clinicians can deliver safer treatments, fewer complications, and longer-lasting results. In short, strong barrier function is the foundation. Without it, even the most advanced technology cannot deliver consistent outcomes.




"Healthy Skin Is the Real Beauty"

SCIENCE TODAY
HEALTHIER SKIN TOMORROW

# Building a Successful Aesthetic Practice

## Beyond Clinical Skills




A successful aesthetic practice depends on much more than technical expertise. Patients chooseand remain loyal to clinics that consistently deliver trust, safety, excellent communication, and apositive experience. Below is a practical framework for "Building a Successful Aesthetic Practice:Beyond Clinical Skills."

### 1. Develop a Clear Vision

- Define your practice philosophy and values.
- Identify your target patient population.
- Focus on quality and long-term patient relationships rather than volume.




### 2. Master Patient Communication

- Listen actively before recommending treatments.
- Understand patients' motivations and expectations.
- Explain benefits, limitations, risks, costs, and downtime clearly.
- Use simple, non-technical language.

**Remember:** Patients remember how you made them feel more than the procedure itself.



*"Good communication builds trust, and trust builds loyalty."*

### 3. Build Trust and Credibility

- Practice ethical medicine.
- Never oversell treatments.
- Recommend only what is genuinely beneficial.
- Obtain informed consent thoroughly.
- Be transparent about possible complications.




### 4. Create an Outstanding Patient Experience

Every interaction matters:

- Easy appointment scheduling
- Minimal waiting time
- Warm, professional staff
- Comfortable clinic environment
- Personalized follow-up after procedures

A positive experience encourages repeat visits and referrals.




### 5. Build a Strong Team

Invest in training your:

- Reception staff
- Patient coordinators
- Nurses
- Therapists

Everyone should provide consistent, patient-centered care.









*Dr Amin Patel*

# Regenerative Aesthetics

## The Future of Skin Rejuvenation



*Dr. Divya Soni*




Regenerative aesthetics represents a paradigm shift in aesthetic medicine, moving beyond temporary correction of aging signs toward restoration of skin health and stimulation of the body's intrinsic healing mechanisms. Rather than simply filling wrinkles or tightening tissues, regenerative treatments aim to enhance collagen synthesis, improve skin quality, and promote cellular rejuvenation.




*A science-driven approach to naturally youthful skin.*

Modern regenerative protocols combine injectables, medical facials, lasers, and energy-based devices to address photoaging, pigmentation, skin laxity, scars, and volume loss. Injectable therapies such as platelet-rich plasma (PRP), platelet-rich fibrin (PRF), exosomes, polynucleotides, skin boosters, and biostimulatory fillers including poly-L-lactic acid (PLLA) and calcium hydroxyapatite (CaHA) stimulate fibroblast activity, neocollagenesis, angiogenesis, and extracellular matrix remodeling. Mesotherapy with vitamins, peptides, amino acids, and hyaluronic acid further enhances hydration and tissue repair.




*Stimulating today, healthier skin tomorrow.*

Medical facials have also evolved into regenerative procedures. HydraFacial, carbon laser facial, oxygen facial, vampire facial, and exosome-assisted facials provide exfoliation, hydration, antioxidant delivery, and collagen stimulation, improving overall skin texture and radiance.

Energy-based devices form another cornerstone of regenerative aesthetics. Fractional $CO_2$ and Er:YAG lasers induce controlled dermal injury, triggering collagen remodeling and skin resurfacing. Picosecond and Q-switched Nd:YAG lasers are widely used for pigmentation and skin toning. Radiofrequency microneedling, high-intensity focused ultrasound (HIFU), and monopolar radiofrequency promote skin tightening and long-term collagen production with minimal downtime.

Combination therapies have emerged as the gold standard, with protocols such as PRP with microneedling, exosomes following laser resurfacing, and biostimulators combined with radiofrequency delivering synergistic results.

As advances in cellular therapies, stem-cell science, and personalized medicine continue, regenerative aesthetics is poised to redefine skin rejuvenation by prioritizing tissue regeneration, prevention, and natural, long-lasting outcomes over conventional cosmetic correction.



# The psychology *of beauty*

## Understanding Patient Expectations in Aesthetic Practice



*Dr Rakhi Pagar*




## Beyond the Mirror

**Navigating Patient Expectations in Aesthetic Practice**

In modern aesthetic medicine, the scalpel and the syringe are only half the toolkit. The most critical instrument we wield is our understanding of the human psyche. When a patient steps into an aesthetic clinic, they rarely bring just a physical concern; they bring a narrative shaped by personal vulnerabilities, societal pressures, and deep-seated desires for transformation.

Understanding patient expectations is the cornerstone of clinical success. True aesthetic practice lives at the intersection of physical reality and psychological perception. Patients frequently seek procedures not to alter who they are, but to align their external appearance with their internal self-image. However, a dangerous shift occurs when expectations cross from a healthy desire for enhancement into a search for emotional validation or perfectionism.

Managing this spectrum requires active clinical empathy and sharp diagnostic intuition. We must listen to the unspoken words: Is this patient seeking a subtle rejuvenation, or are they attempting to heal a psychological wound with a cosmetic fix? Recognizing the red flags of unrealistic post-procedure expectations—or underlying conditions like Body Dysmorphic Disorder (BDD)—is just as vital as mastering injection angles or surgical margins.

> *"The most successful outcome is not measured by symmetry alone, but by the psychological relief and confidence it restores to the patient."*

"The most successful outcome is not measured by symmetry alone, but by the psychological relief and confidence it restores to the patient. "Before any treatment begins, a shared reality must be established. This means having candid, empathetic conversations about what science can actually achieve versus what the patient envisions. By shifting our role from technical executants to perceptive guides, we ensure that the outcomes we deliver bring genuine satisfaction. Ultimately, the true mastery of aesthetics lies in treating the person, not just the tissue.



REAL PEOPLE. REAL STORIES.
REAL EXPECTATIONS.



# OUR COURSES FOR DOCTORS

# PGDAM

## Post Graduate Diploma in Aesthetic Medicine

## Build Clinical Confidence. Advance Your Aesthetic Career.

| Duration | Mode | Eligibility |
|---|---|---|
| 1 Month | Flexible Online & Offline Classes | Only For Doctors |

### Programme Highlights

- **Industry-Leading Hands-On Training** with practical exposure to aesthetic procedures.
- **Experienced Government Faculty** offering expert guidance and professional insights.
- **Unlimited Learning Opportunity** revisit training until you feel confident, at no additional cost.
- **Lifetime Student Support** with quick response times for your queries.
- **End-to-End Clinic Setup Support** to help you establish your aesthetic practice.
- **32+ Clinical Partnerships** offering valuable clinical exposure.
- **Placement Support** to help you explore relevant career opportunities.
- **15,000+ Alumni Network** for professional connections and community support.
- **Clinic Marketing & Business Guidance** to support your practice's growth.
- **Monthly Masterclasses** covering the latest procedures, techniques and industry developments.

## Your Growth Beyond the Classroom

Gain practical knowledge, ongoing guidance and **business support** to take the next step in aesthetic medicine.

**Take Your Next Step in Aesthetic Medicine. >**

CERTIFICATE IN

# BOTOX AND FILLER

Practical Training for Qualified Dental and Medical Professionals



| Duration | Mode | Eligibility |
|---|---|---|
| **2 Days** | Classroom Training | BDS+ and MBBS+ Graduates |



## PROGRAMME HIGHLIGHTS

- **Hands-On Practical Training** with experience in relevant procedures under appropriate supervision.
- **Expert Clinical Guidance** to strengthen procedural understanding.
- **Procedure Protocol Book** for reference and structured procedural guidance.
- **Telegram-Based Clinical Support** for follow-up clinical queries.
- **End-to-End Clinic Setup Support** to help you navigate the process of establishing your practice.





## LEARN WITH PRACTICAL FOCUS

Build a stronger foundation in Botox and filler procedures through focused **classroom training, practical exposure** and continued guidance.

## Enhance Your Clinical Skills

with Structured Practical Training.

# Holistic

## Aesthetic Medicine:

### Treating Skin, Lifestyle, and Mind Together






*Dr Shoaib Patel*

Aesthetic medicine has undergone a remarkable transformation over the past decade. It is nolonger limited to enhancing physical appearance; instead, it embraces a holistic philosophy thatprioritizes skin health, overall well-being, and patient confidence. True beauty is not created byprocedures alone but by addressing the underlying factors that influence skin quality and aging.




BEAUTY SUPPORTED BY SCIENCE

Every patient presents with a unique combination of genetic, hormonal, environmental, and lifestyleinfluences. Chronic stress, inadequate sleep, poor nutrition, dehydration, smoking, and excessivesun exposure can accelerate skin aging and compromise treatment outcomes. Therefore,successful aesthetic care begins with a detailed consultation that goes beyond the skin tounderstand the patient's lifestyle, medical history, emotional concerns, and expectations.

Modern aesthetic practice combines evidence-based treatments with patient education. Advancedprocedures such as lasers, injectables, chemical peels, and regenerative therapies deliver optimalresults when supported by a healthy lifestyle, balanced nutrition, consistent skincare, sunprotection, regular exercise, and stress management. This comprehensive approach not onlyenhances treatment outcomes but also promotes long-term skin health.




HEALTHY HABITS. HEALTHIER SKIN.

Equally important is the psychological aspect of aesthetics. Many patients seek treatment toimprove confidence rather than simply correct a physical concern. Empathetic communication,ethical decision-making, and realistic expectation setting are essential to building trust and ensuringpatient satisfaction. Sometimes, the most valuable treatment a practitioner can provide is honestguidance and reassurance rather than an unnecessary procedure.

The future of aesthetic medicine lies in personalization and prevention rather than correction alone.By integrating scientific innovation with lifestyle optimization and compassionate patient care,clinicians can deliver natural, balanced, and sustainable results.

> *Holistic aesthetic medicine reminds us that beauty is not merely about looking younger—it is about feeling healthier, more confident, and comfortable in one's own skin. When science, lifestyle, and emotional well-being come together, aesthetic medicine truly moves beyond beauty.*




SCIENCE | LIFESTYLE | EMOTIONAL WELL-BEING | LASTING CONFIDENCE

# Managing Pigmentation in Indian Skin

## A Scientific Approach

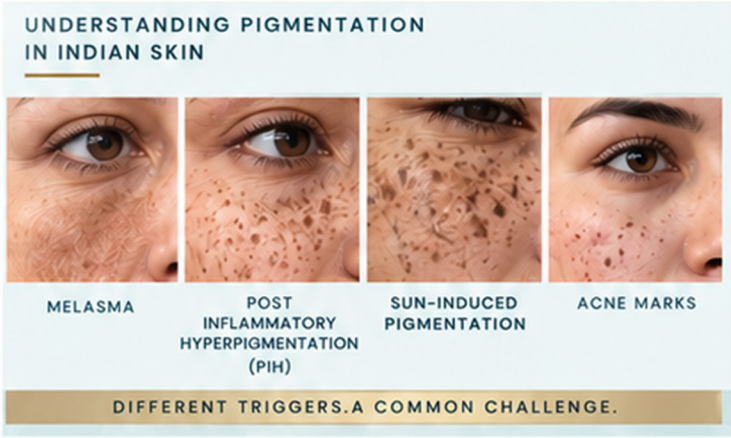





*Dr Sumaiya Jamadar*

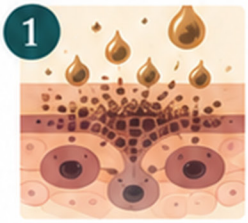
Hyperpigmentation remains one of the most common—yet complex—concerns encountered in Indian clinical practice. Because Indian skin typically falls within the Fitzpatrick phototypes IV through VI range, it possesses a unique architecture. While this skin type enjoys natural photoprotection against UV damage, its melanocytes are highly reactive. Any trigger, whether it is hormonal fluctuations, UV rays, or mild inflammation, can send melanin production into overdrive, resulting in stubborn melasma or Post-Inflammatory Hyperpigmentation (PIH).

For modern cosmetologists, managing this skin type requires moving past generic brightening trends and adopting a targeted, cellular-level approach.

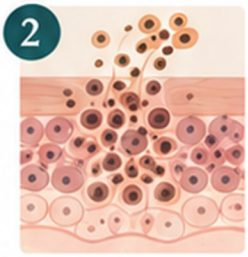



### The Triple-Action Pathway

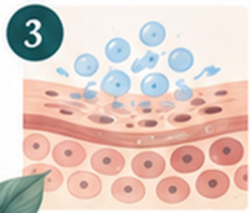
A scientifically robust protocol does not rely on a single ingredient; it utilizes a synergistic combination of actives that work on different cellular fronts:




**Tyrosinase Inhibition**
The enzyme tyrosinase is the master switch that converts amino acids into raw melanin. To block this initial trigger, look for formulations containing Kojic Acid (1–2%), Alpha Arbutin (2%), or Azelaic Acid (10–20%).




**Melanosome Transfer Blockers:**
Once melanin is created, it is packaged into tiny packets called melanosomes and shipped up to the skin's surface. Niacinamide (4–5%) is the gold standard for intercepting this delivery, preventing the pigment from ever reaching the visible layers of the epidermis.



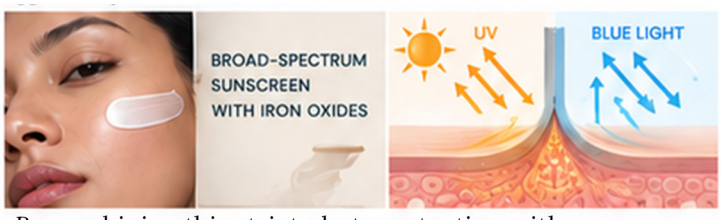

**Controlled Cellular Turnover:**
To clear the pigment that has already surfaced, superficial chemical exfoliants like Mandelic Acid or low-dose Glycolic Acid are excellent for safely accelerating cell renewal.

### Clinical Safeguards

When graduating to advanced clinical modalities, favor gentle, non-ablative technologies. Superficial chemical peels or Q-switched Nd:YAG lasers (1064 nm) are highly effective because they shatter deep dermal pigment without overheating the surrounding tissue.




Finally, the absolute baseline of any hyperpigmentation protocol is sun protection. However, standard UV filters are not enough. Indian skin requires a broad-spectrum sunscreen formulated with Iron Oxides. Iron oxides shield the skin from visible blue light—a major environmental trigger that stimulates melanocytes in darker skin tones just as aggressively as UV radiation.




By combining this strict photoprotection with a multi-pathway treatment plan, we can achieve true, long-lasting pigment correction safely and scientifically.



# Combination Therapies

## The Future of Natural and Long-Lasting Aesthetic Results



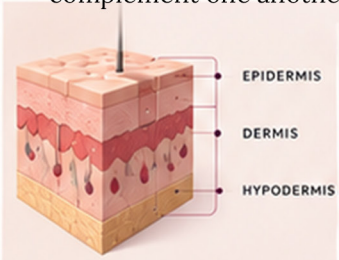
*Dr Swaroopa Padmawar*




Modern aesthetic medicine has moved beyond the idea of a single "miracle treatment." Today,skin concerns such as ageing, pigmentation, acne scars, uneven texture, dehydration, andvolume loss often occur simultaneously, making a personalised combination approach the mosteffective solution. Rather than treating one concern at a time, combination therapies addressmultiple skin issues together, delivering results that are more natural,

### Why Combination Therapies Work

The skin is a complex organ with multiple layers, and each concern originates at a differentdepth. Surface pigmentation, collagen loss, dehydration, and facial volume depletion cannot beeffectively treated with a single procedure alone. Combination therapies are designed to targetthese concerns simultaneously, allowing different treatments to complement one another andproduce superior outcomes.

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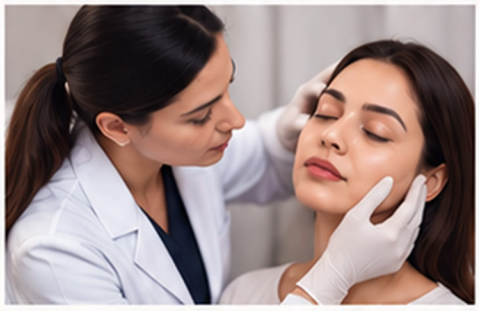
### Personalised Treatment Planning

Every individual has unique skin characteristics influenced by age, genetics, lifestyle, sun exposure, medical history, and skin type. A detailed consultation helps practitioners identify these factors and develop a customised plan. Proper sequencing and patient selection can improve outcomes,






### Targeted Combinations

Different concerns require different combinations



**Acne Scars**
Microneedling with PRP can improve acne scars and texture, while chemical peels with laser toning can address pigmentation



**Pigmentation and Uneven Skin Tone**
Chemical peels with laser toning can address pigmentation.



**Fine Lines and Early Signs of Ageing**
HydraFacial with skin boosters can improve hydration and radiance.



**Dehydrated and Dull Skin**
Botulinum toxin and fillers may help manage fine lines and volume loss



**Enlarged Pores and Skin Laxity**
RF microneedling with PRP may help refine pores and improve skin laxity.



**Melasma**
Melasma often benefits from multimodal treatment involving lasers, peels, and depigmenting skincare.



**Hair Loss**
For hair thinning, PRP and mesotherapy may support healthier hair growth.

### Ultimately

successful aesthetic care extends beyond procedures. Realistic expectations, appropriate skincare, sun protection, hydration, and regular follow-up are essential for maintaining results. Combination therapies represent the future of aesthetic medicine—enhancing natural beauty, improving skin health, and restoring confidence without creating an artificial appearance.

MULTIPLE SOLUTIONS · HEALTHIER SKIN · NATURAL RESULTS · LONGER LASTING · GREATER CONFIDENCE

*Healthy Skin Happier You*

FEATURE ARTICLE

# Preventive Aesthetics
## The Rise of Early Skin Health Management



*Dr. Deshna Peche*




The focus of aesthetic medicine is gradually shifting from correcting visible signs of ageing topreserving long-term skin health. Preventive aesthetics emphasizes early intervention, healthylifestyle practices, and scientifically guided skincare to delay ageing and maintain skin integrity.

Healthy skin is influenced by both intrinsic and extrinsic factors. Genetics determine baseline skincharacteristics, while ultraviolet radiation, pollution, stress, poor nutrition, inadequate sleep, andsmoking accelerate premature ageing. Addressing these modifiable factors early can significantlyimprove long-term outcomes.

Preventive strategies begin with daily photoprotection, appropriate skincare, and maintenance ofthe skin barrier. Personalized treatment plans may include antioxidants, retinoids,hydration-focused skincare, and minimally invasive procedures that stimulate collagen productionbefore advanced signs of ageing develop.

Lifestyle interventions play an equally important role. Balanced nutrition, regular physical activity,stress management, and adequate sleep contribute to healthier skin by reducing oxidative stressand chronic inflammation. Educating patients about these factors encourages sustainable habitsrather than dependence on repeated procedures.

Regular skin assessments also allow early identification of pigmentation disorders, acne scarring,and photoageing, enabling timely intervention with conservative treatments. Such an approachoften reduces the need for aggressive procedures later in life.

Preventive aesthetics represents a proactive model of care where physicians become partners inmaintaining skin health rather than simply treating cosmetic concerns. By combiningevidence-based skincare, healthy lifestyle practices, and appropriately timed aestheticinterventions, clinicians can help patients achieve natural, long-lasting results while promotingconfidence and overall well-being.

### KEY PILLARS OF PREVENTIVE AESTHETICS

- SUN PROTECTION
- HEALTHY LIFESTYLE
- SKIN BARRIER CARE
- EARLY INTERVENTION
- LONG-TERM SKIN HEALTH

INVEST IN TODAY FOR RADIANT TOMORROW


PROTECT TODAY


NOURISH DAILY


BALANCE ALWAYS


CARE CONSISTENTLY

HEALTHY SKIN IS A LIFELONG INVESTMENT

# Inflammaging

## The Hidden Connection Between Inflammation and Skin Ageing



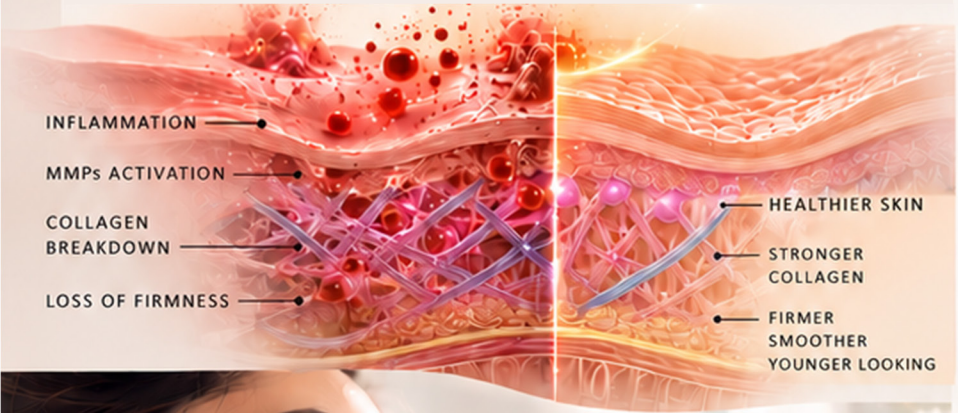



*Dr. Dhruv Sakhvala*

We all desire to maintain youthful, radiant skin for as long as possible. While skin ageing is a natural biological process, there is a hidden, silent culprit accelerating it from within: chronic inflammation. In modern dermatology, this destructive intersection of inflammation and ageing is termed "inflammaging,"

**The Silent Breakdown**

Acute inflammation is the body's natural, healthy response to injury or infection. However, when inflammation becomes a low-grade, chronic condition simmering beneath the surface, it turns destructive. This persistent internal fire triggers enzymes called matrix metalloproteinases (MMPs). These enzymes actively break down collagen and elastin—the two essential structural proteins responsible for keeping our skin firm, plump, and elastic. As these proteins deteriorate, the skin loses its foundational support, leading to the early formation of wrinkles, fine lines, and visible sagging.







**Modern Triggers**

Inflammaging is driven not just by the passing years, but heavily by our modern lifestyle and environmental exposures.

**Environmental:**
Unprotected exposure to harmful UV rays, urban pollution, and airborne toxins continuously trigger defensive inflammatory responses.

**Internal/Dietary:**
A diet high in processed sugars causes glycation, a process that stiffens collagen fibers.

**Lifestyle:**
Chronic psychological stress and a lack of restorative sleep elevate cortisol levels. This hormonal spike further fuels internal inflammation, resulting in a dull complexion, hyperpigmentation, and a compromised, weakened skin barrier.

**A Proactive Defense**

Fortunately, we can combat this invisible damage with a proactive, science-backed approach.Sun Protection: The first and most crucial line of defense is daily sun protection—apply a broad-spectrum sunscreen regardless of the season. Anti-inflammatory Diet: Incorporate an anti-inflammatory diet rich in antioxidants, such as berries, leafy greens, and omega-3 fatty acids, to neutralize free radicals from the inside out.Skincare Routine: Topically, utilize skincare formulations featuring vitamin C, niacinamide, and ceramides to repair the skin barrier and soothe irritation.

**Lifestyle Adjustments:** Prioritize quality sleep and stress management to preserve your skin's youthful health and glow for years to come.

# The Science of Skin Glow

## What Makes Skin Look Radiant?



*Dr.harshada Solankar*

The elusive "skin glow" is not a cosmetic illusion; it is a fascinating intersection of human biology and optical physics. At its core, radiant skin is determined by how light interacts with the outermost layer of the skin, the epidermis. When the skin's surface is structurally smooth and deeply hydrated, it acts similarly to a mirror, reflecting light evenly back to the observer. Conversely, rough textures scatter light, resulting in a dull, flat appearance.

### Key Biological Factors

Achieving this optical perfection relies on three foundational biological mechanisms



**Cellular Turnover**

Achieving this optical perfection relies on three foundational biological mechanisms



**Deep Hydration**

Water retention in the dermis plumps the skin cells, tightening the overall surface and reducing microscopic shadows caused by fine lines.



**Microcirculation**

Healthy blood flow in sub-dermal capillaries delivers oxygen and nutrients, providing a vibrant, healthy undertone.




### Scientific Research and Evidence

Dermatological research provides concrete evidence for these mechanisms. According to studies published in the Journal of Investigative Dermatology, the hydration level of the stratum corneum is directly correlated with skin translucency and light reflection. Researchers emphasize that properly hydrated skin allows light to penetrate the surface and reflect off the deeper dermal layers, creating a "lit-from-within" look.Furthermore, clinical reviews by the American Academy of Dermatology highlight the efficacy of active compounds in altering skin topography. Ingredients like Alpha Hydroxy Acids (AHAs) and retinoids are scientifically proven to accelerate cell turnover. By chemically dissolving the bonds between dead skin cells, these compounds structurally transform the epidermis from a light-scattering surface to a light-reflecting canvas.

> When science meets skincare, skin doesn't just look better — it truly glows.







| Skin Condition | Light Interaction | Visual Result |
|---|---|---|
| Hydrated & Exfoliated | Specular Reflection (Even bouncing of light) | Radiant / Glowing |
| Dehydrated & Rough | Diffuse Reflection (Scattered light) | Dull / Ashy |

RADIANT
SKIN
BRIGHTER
TOMORROWS

# Certificate in Aesthetic Gynecology

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Expert Guidance.
Continued Support.



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|---|---|---|
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**Advance Your Expertise in Aesthetic Gynecology.**



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**Membership Duration: 1 Year**

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to support continuous learning and professional development.

### 50% Discount on Conferences

held during your membership year, subject to applicable terms and conditions.

### Industry Trend Updates

to help you stay informed about emerging developments and changing market demands.

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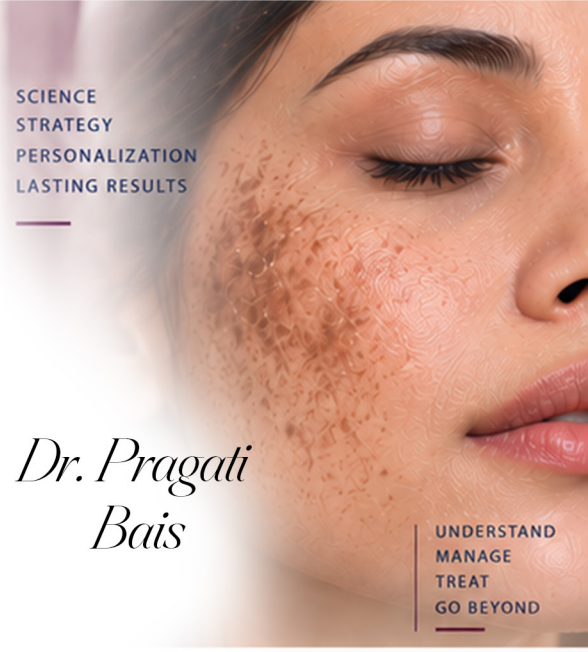
Connect with industry developments, participate in workshops and make continuous professional growth part of your journey.

**One Membership.**
A Year of Learning and Opportunities.

# Melasma management

## Beyond conventional treatment approaches






*Dr. Pragati Bais*

Melasma is notoriously stubborn because it's not just "too much melanin" — it's also inflammation, blood vessels, oxidative stress, and barrier issues. That's why the newer thinking moves "beyond" just hydroquinone + sunscreen + peels.

**Newer topicals targeting multiple pathways**

**Conventional agents mostly block tyrosinase.** Newer options hit several targets at once:- Thiamidol / isobutylamido thiazolyl resorcinol : Tyrosinase inhibitor with efficacy comparable to hydroquinone but better tolerability

**Cysteamine 5%** Breaks down melanin and inhibits tyrosinase. Meta-analyses show significant improvement and it's comparable to 4% HQ at 2-4 months

**Tranexamic acid topical** Antioxidant + anti -inflammatory + reduces melanin transfer. Often used in maintenance

**Niacinamide, azelaic acid, kojic acid,** ascorbic acid Work by blocking melanosome transfer, antioxidant effects, and calming inflammation. They have a better safety profile and are used a lot for maintenance

New delivery systems like *nanoparticles and liposomes* are also being used to get actives deeper with less irritation.

**2. Oral and systemic options**

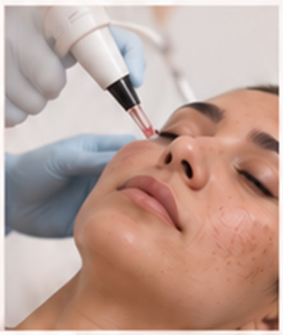


**Oral tranexamic acid (TXA)**: Has the most robust evidence among systemic agents, alone or combined with topicals/procedures. It targets vascularity and plasmin pathways linked to melasma.

**Antioxidants / nutraceuticals** Research is focusing on oxidative stress pathways as a therapeutic target.

**3. Procedural and device-based approaches**

The shift is toward "microenvironment" treatments, not just blasting pigment:



**- Microneedling:** Helps with drug delivery and breaks up pigment. Often used with assisted TXA delivery

**- Fractional non-ablative lasers, IPL** Offer precise targeting of melanin with less epidermal damage, reducing risk of post-inflammatory hyperpigmentation

**- Chemical peels:** Still used to enhance topical efficacy, even in resistant cases

**4. Lifestyle, barrier, and "microenvironment" strategies**

Experts now frame melasma as a chronic, relapsing condition that needs maintenance. The 3 pillars are:

**Strict photoprotection**
Not just UV. Tinted sunscreens with iron oxides to block visible light are emphasized now

**Anti-inflammatory + barrier repair**
Adding moisturizers to restore barrier function. Botanical antioxidants and microbiome-directed adjuncts are being studied

**Addressing triggers**
Hormonal imbalances, heat, photosensitizing cosmetics.




**5. Precision / personalized approaches**

**Genetic markers like MC1R variants** may predict who responds to what

**AI-assisted image analysis** for lesion assessment and tailoring treatment

**Multimodal, stepwise plans** Combine photoprotection + 2-3 topicals targeting synthesis, inflammation, vascularity + procedural booster.



**Key takeaways**

1. **Maintenance matters** : Most relapses happen 3-6 months after lasers/light. Rotating to non-hydroquinone agents helps prevent rebound

**AI-assisted image analysis** for lesion assessment and tailoring treatment

**It's multimodal** No single drug "cures" it. Best results come from combining photoprotection + topicals + procedure + lifestyle

# Why Pigmentation Keeps Coming Back

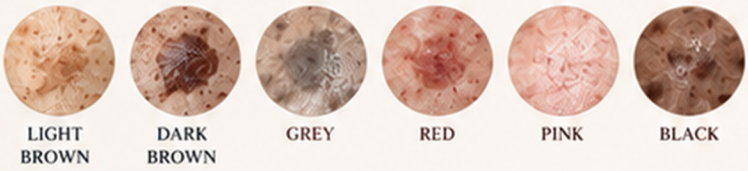


*Dr Payal Ransing*

## Understanding Pigmentation

Hyperpigmentation is one of the most ignored skin issues. Most of us either don't see the signs of it or we think it can't be cured

Hyper means "more" and pigment means "color". The term hyperpigmentation is used to describe unevenly pigmented areas of the skin. This common condition of the skin results in some skin areas being more pigmented than other skin areas, darkened patches that vary in size and color. The color can appear light to dark brown, grey, red, pink, or black spots and patches on the skin. These spots are also known as liver spots, sun spots, or age spots. These spots can occur all over or in just one area of the body.



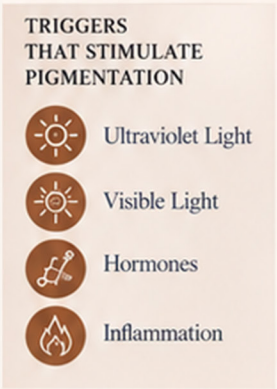


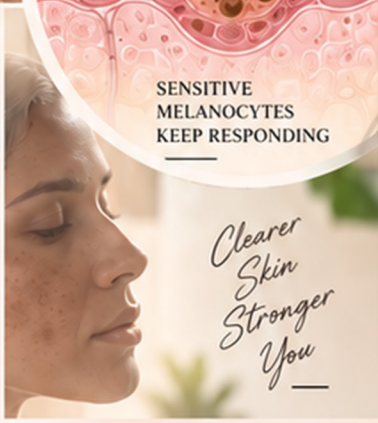


## Why Pigmentation Keeps Coming Back

Pigmentation can return when pigment-producing cells remain sensitive to triggers such as ultraviolet light, visible light, hormones, and inflammation. A treatment may successfully lighten existing discoloration, but it cannot always remove your skin's tendency to produce excess melanin. This is especially relevant with recurrent conditions such as melasma.

Melanin is the natural pigment that gives skin its colour. Cells called melanocytes produce it. When these cells are repeatedly stimulated, melanin production can become uneven or excessive, creating brown, grey-brown, or darker patches across the face.




## Common Mistakes That Keep the Pigmentation Cycle Going

**Stopping sunscreen once the skin improves:** Light exposure can stimulate pigment again.

**Treating only the dark mark and ignoring active acne:** New inflammation can keep creating new pigmentation.

**Over-exfoliating:** Repeated irritation can make pigmentation-prone skin harder to manage.

**Using prescription -strength products without supervision:** Incorrect use can cause irritation and other unwanted effects.

**Changing routines every few weeks:** Constant changes make it difficult to judge what is helping your skin.

**Expecting one procedure to permanently remove melasma.**

# The Evolution of Non-Invasive Aesthetic Treatments



*Dr. Smita Landge*



The landscape of aesthetic medicine has undergone a remarkable transformation over the last decade. What was once primarily associated with cosmetic enhancement has now evolved into a science-driven specialty focused on skin health, prevention, and patient well-being. Today's patients seek natural-looking improvements rather than dramatic alterations, making non-invasive aesthetic procedures the cornerstone of modern aesthetic practice.

The evolution of technology has expanded the range of treatment options available to clinicians. Advanced laser systems, radiofrequency (RF), high-intensity focused ultrasound (HIFU), microneedling, hydrafacial, platelet-rich plasma (PRP), chemical peels, and regenerative therapies have redefined the management of pigmentation, acne scars, melasma, skin laxity, and age-related changes. These procedures offer impressive clinical outcomes with minimal downtime, allowing patients to resume their daily activities almost immediately.

However, the true evolution of aesthetics lies beyond technology. Successful treatment today depends on accurate diagnosis, personalized planning, and evidence-based clinical decision-making. Every patient's skin type, lifestyle, age, medical history, and expectations are different. Rather than relying on a single modality, modern practitioners increasingly adopt combination therapies that target multiple skin layers, stimulate collagen remodeling, and provide balanced, long-lasting results while maintaining natural facial harmony.

For Indian skin types, this personalized approach becomes even more significant. The higher risk of post-inflammatory hyperpigmentation and pigmentary disorders demands careful patient selection, appropriate energy settings, and meticulous post-procedure care. Understanding skin biology and respecting ethnic skin characteristics are essential for achieving safe and predictable outcomes.

The future of non-invasive aesthetics is also being shaped by artificial intelligence, digital skin analysis, and regenerative medicine. These innovations are improving diagnostic accuracy, treatment planning, and patient education while enabling clinicians to deliver highly customized care. As technology continues to advance, the role of the aesthetic practitioner extends beyond performing procedures to becoming a trusted guide who combines science, artistry, and ethical responsibility.

Ultimately, the evolution of non-invasive aesthetic treatments is not merely about looking younger—it is about promoting healthy skin, enhancing self-confidence, and improving quality of life through safe, scientifically backed, and patient-centric care.



# Natural Beauty Trends

## Why Patients Prefer Subtle and Balanced Results



*Dr. Tejaswini Dhanrale*




In recent years, the field of skin and cosmetology has seen a significant shift towardnatural-looking enhancements. Instead of dramatic transformations, many patients nowseek subtle, balanced results that enhance their existing features while preserving theirunique appearance. This trend reflects a growing preference for treatments that promoteconfidence without making cosmetic procedures obvious.

Modern aesthetic treatments focus on improving skin quality, restoring lost volume, andmaintaining facial harmony. Procedures such as skin rejuvenation, chemical peels,microneedling, laser therapy, and carefully administered dermal fillers or botulinum toxinare designed to create refreshed and youthful results rather than an artificial look. The goalis to help patients appear well-rested, healthy, and naturally radiant.

One reason for this trend is the increasing awareness of facial balance. Skilledcosmetologists and dermatologists evaluate the face as a whole instead of treatingisolated concerns. This personalized approach ensures that treatments complement thepatient's facial structure, skin type, and age, resulting in outcomes that look authentic andproportionate.

Social media has also influenced patient preferences. While heavily edited images onceinspired unrealistic beauty standards, many people now value authenticity and naturalbeauty. Patients are becoming more informed about cosmetic procedures and oftenrequest treatments that offer gradual improvements with minimal downtime.

Preventive skincare has become another important aspect of natural aesthetics. Regularuse of sunscreen, medical-grade skincare products, hydration, and early anti-agingtreatments help maintain healthy skin and reduce the need for extensive correctiveprocedures later in life.

Ultimately, the natural beauty trend emphasizes enhancement rather than alteration. Bycombining advanced cosmetic techniques with individualized treatment plans, skin andcosmetology professionals can achieve balanced, elegant results that boost self-confidence while preserving each person's natural identity. This patient-centered approachcontinues to shape the future of aesthetic medicine, where beauty is defined not byperfection but by healthy, harmonious, and naturally enhanced features.




NATURAL APPROACH. LASTING IMPACT.

> *Beauty is not about changing who you are, but bringing out the best in what you already have*

HEALTHY SKIN
HAPPIER YOU
BRIGHTER TOMORROW

PREVENT | REJUVENATE | STAY NATURAL

# Aesthetic Medicine

## Where Science Meets Art and PatientConfidence






*Dr Shweta Padole*










Aesthetic medicine is a rapidly evolving branch of medicine that blendsscientific knowledge with artistic vision to enhance appearance whilepreserving natural beauty. It is much more than performing cosmeticprocedures; it is about understanding each patient's unique features,addressing their concerns, and helping them achieve greater confidencethrough safe and personalized treatments.

The scientific foundation of aesthetic medicine is built on a detailedtunderstanding of facial anatomy, skin biology, the aging process, andevidence-based treatment protocols. Modern aesthetic practice includes awide range of minimally invasive procedures such as botulinum toxininjections, dermal fillers, chemical peels, laser treatments, microneedling,platelet-rich plasma (PRP), and energy-based devices. Selecting theappropriate treatment requires clinical expertise, precise assessment, and acommitment to patient safety.



UNDERSTANDING TODAY
FOR A MORE RADIANT TOMORROW

> *"Beauty is not about changing who you are, but about bringing out the best version of you."*

INJECTABLES | LASERS | SKINCARE | REGENERATIVE THERAPIES | HOLISTIC WELL-BEING

PERSONALIZED CARE | NATURAL RESULTS | LASTING CONFIDENCE

Equally important is the artistic aspect of aesthetic medicine. Every face hasunique proportions, contours, and expressions, making each treatment planhighly individualized. An aesthetic physician must develop an artistic eye toappreciate facial harmony, symmetry, and balance. Rather than dramaticallychanging a person's appearance, the goal is to achieve subtle, natural-looking enhancements that complement the patient's existing features.

Patient confidence remains the true measure of success in aestheticpractice. Many individuals seek treatment not only to improve theirappearance but also to address concerns that affect their self-esteem andemotional well-being. Building trust through honest communication,understanding patient expectations, and providing realistic treatment goalsare essential for achieving satisfactory outcomes. Ethical practice, informedconsent, and patient education should always guide clinical decision-making.

As technology and research continue to advance, aesthetic medicine offersincreasingly effective and minimally invasive solutions. However, the successof any procedure depends not only on the technology used but also on thephysician's knowledge, clinical judgment, and artistic skill. When science,art, and compassionate patient care come together, aesthetic medicinebecomes a powerful tool for enhancing both appearance and self-confidence. Ultimately, its purpose is not to create perfection but to helpindividuals look refreshed, feel confident, and embrace the best version ofthemselves.




AESTHETIC MEDICINE | SCIENCE | ART | WELL-BEING | CONFIDENCE

MORE THAN BEAUTY
A HEALTHIER TOMORROW




# The Future of Non-Invasive Aesthetics

## What's Next in Skin and Beauty?

The world of cosmetology is rapidly moving toward a new era of non-invasive aesthetics,where healthier, natural-looking skin is becoming more important than dramatictransformation. With advances in technology, clients can now address concerns such aspigmentation, acne, fine lines, open pores, uneven texture, and skin laxity without surgery orsignificant downtime.



### Personalised Skincare.

One of the biggest trends shaping the future is personalised skincare. Instead of using thesame treatment for everyone, cosmetologists are increasingly focusing on individual skintypes, lifestyles, concerns, and treatment histories. Advanced skin analysis devices, artificialintelligence, and digital imaging can help identify skin conditions more accurately and guidecustomised treatment plans.




### Technology-driven procedures

Technology-driven procedures such as LED phototherapy, radiofrequency, ultrasound,hydrafacial treatments, oxygen therapy, advanced peels, and non-invasive skin-tightening procedures are expected to become increasingly popular. These treatments aim to stimulatecollagen production, improve skin texture, support hydration, and enhance overall skin healthwhile minimizing recovery time.












### skin longevity.

Another important development is the growing interest in skin longevity. Rather than waitingfor visible signs of ageing, people are beginning to adopt preventive approaches that support collagen, hydration, antioxidant protection, and the skin barrier from an earlier age.



### Sustainability in Beauty

Sustainability will also influence the beauty industry. Consumers are becoming moreconscious of ingredients, packaging, ethical sourcing, and environmentally responsiblepractices.

I2CAN

*Dr Vaishnavi Avhale*

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| Duration | Mode | Eligibility |
|---|---|---|
| 1 Month | Flexible Online & Offline Classes | 10th pass |

## PROGRAMME HIGHLIGHTS

- **Industry-Leading Hands-On Training** focused on practical skills and professional confidence.
- **Experienced Government Faculty** providing expert instruction and guidance.
- **Unlimited Learning Opportunities** revisit training until you feel confident, at no additional cost.
- **Lifetime Student Support** with quick response times.
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- **15,000+ Alumni Network** for professional connections and peer support.
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**Build Your Expertise. Move Your Career Forward.**





# AESTHETIC SKIN TECHNICIAN

## Develop Practical Skills for the Aesthetic Skin Industry







| Duration | Mode | Certification/ Framework | Eligibility |
|---|---|---|---|
| 1 Week | Online & Offline Training | NSDC - B&WSSC | 10th pass |

## PROGRAMME HIGHLIGHTS

**Training with Experienced Government Faculty**
for structured instruction and professional guidance.

**Flexible Learning Format**
combining online and offline training.

**Government Registration Number for Practice**
A separate registration number is offered as specified for this programme; applicable eligibility and registration conditions should be confirmed.

Start Building Your
**Professional Skills**
Gain focused training and a clearer understanding of the aesthetic skin field through a structured learning experience.

Take Your First Step Towards a Career in **Aesthetic Skin Services.**

# Longevity Aesthetics

## From Looking Younger to Aging Better

*Because the real glow-up isn't turning back time — it's outsmarting it.*



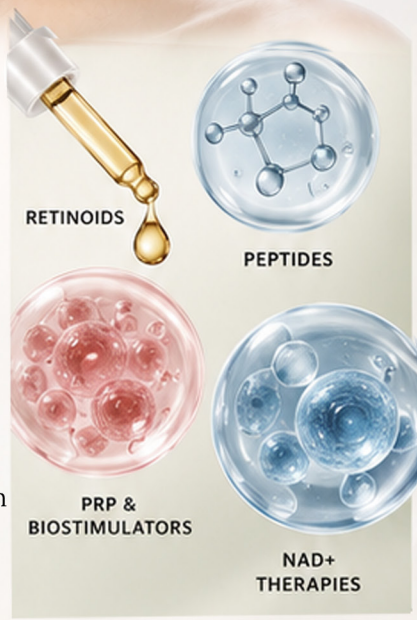
HEALTHY SKIN
STRONGER TOMORROWS

Botox freezes a frown. But can anything freeze time? Turns out, the aesthetics industry has stopped trying — and that's the most exciting shift in the field today.

For years, the obsession was simple: erase every line, chase every wrinkle, turn back the clock at any cost. Enter longevity aesthetics — a smarter, science-backed philosophy that swaps "how do I look 25 again?" for "how do I age brilliantly?" It's less about hitting rewind, and more about hitting play on your best possible future skin.

## THE SCIENCE BEHIND BEAUTIFUL AGING

Here's the fun part: your skin is basically a living archive of your habits. Collagen, elastin, and cellular repair mechanisms are the real MVPs — and longevity aesthetics is all about keeping them on the payroll longer. Think retinoids and peptides doing quiet nightly repair work, PRP and biostimulators coaxing your own cells into regeneration mode, and NAD+ therapies fueling the cellular "batteries" that power it all




*Repair*
*Regenerate*
*Rejuvenate*




## THE UNSUNG HERO: TINTED SUNSCREEN

And the unsung hero? Tinted sunscreen. Iron oxide isn't just there for the glow — it blocks visible light, the sneaky trigger behind pigmentation and premature ageing that regular sunscreen simply can't touch. Skip it, and you're basically leaving the front door wide open.




## IT ALL WORKS TOGETHER

But here's the twist: none of this works in isolation. Sleep, stress, hormones, gut health, nutrition — they're not "wellness extras" anymore, they're aesthetic medicine. The clinic and the lifestyle have finally merged into one conversation

So the next time someone asks for the fountain of youth, tell them the real secret isn't hiding time — it's outsmarting it. Longevity aesthetics isn't about looking younger for a night. It's about building skin, and a self, that ages with strength, resilience, and undeniable glow — for decades to come.



*Dr Preeti Chopade*
(HOD - Academics)

# Personalized Pigmentation Management in Indian Skin



*Dr Priyanka Gavate*
(Faculty - Aesthetic Medicine)




Pigmentation is one of the most common cosmetic concerns among Indian patients. Conditions such as melasma, post-inflammatory hyperpigmentation (PIH), freckles, lentigines and acne-related pigmentation can significantly affect confidence and quality of life. Management in Indian skin requires a personalized approach, as darker skin types have a higher risk of irritation and post-treatment pigmentation.



MELASMA | PIH | FRECKLES & LENTIGINES | ACNE-RELATED IPIGMENTATION

A personalized topical regimen may include ingredients such as vitamin C, niacinamide, azelaic acid, retinoids, kojic acid, arbutin and hydroquinone, depending on the diagnosis and patient tolerance. Treatment should be introduced gradually to minimize irritation, since inflammation itself can worsen pigmentation.



ASSESS FOR:
- History & triggers
- Hormonal factors
- Sum exposure
- Previous treatments
- Skincare products
- Fitzpatrick skin type
- Pigmentation depth
- Underlying skin condition

ACCURATE DIAGNOSIS LEADS TO BETTER RESULTS

The first step is a detailed consultation and accurate diagnosis. A proper history should include duration of pigmentation, triggers, hormonal factors, medications, sun exposure, previous treatments and skincare products. Assessment of Fitzpatrick skin type, pigmentation depth and underlying skin condition helps in selecting an appropriate treatment plan.




PROTECT TODAY FOR A BRIGHTER TOMORROW

Sun protection is the foundation of pigmentation management. A broad-spectrum, high-SPF sunscreen should be used daily and reapplied regularly. Tinted sunscreens containing iron oxides can be particularly useful in melasma because they also provide protection against visible light.




SCIENCE-BACKED INGREDIENTS FOR EVEN-TONED SKIN

Procedures such as chemical peels, microneedling and lasers can be considered when appropriate. However, conservative settings and proper patient selection are essential in Indian skin because aggressive procedures may cause PIH. Q-switched and picosecond lasers may have a role in selected pigmentary disorders,



CHEMICAL PEELS



MICRONEEDLING



Q-SWITCHED &A PICOSECOND LASERS

but they should be used cautiously and with an appropriate indication.

Lifestyle modification is equally important. Patients should be advised to minimize excessive sun exposure, avoid unnecessary skin irritation and follow a consistent skincare routine.

Personalized pigmentation management is therefore not a one-size-fits-all treatment. The best results come from combining correct diagnosis, photoprotection, suitable topical therapy, carefully selected procedures and long-term maintenance. Regular follow-up allows treatment to be modified according to the patient's response, ensuring effective results with minimal risk of complications.

PERSONALIZED CARE | HEALTHIER SKIN | BRIGHTER TOMORROWS

SCIENCE
PLANS
BEAUTY UT
DELIVENS

# Combination Treatment in Aesthetic Medicine

## Why Sequencing Matters



*Dr Sakina*
(Faculty - Aesthetic Medicine)

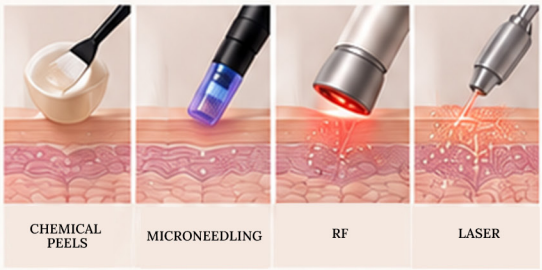



Combination treatment is the planned use of two or more aesthetic procedures to address different skin concerns, mechanisms, or tissue layers. Instead of depending on one treatment, a combination approach can target pigmentation, acne, scars, texture, wrinkles, laxity, or volume loss more comprehensively. However, successful combination therapy depends not only on what treatments are selected, but also on how and when they are performed



MULTIPLE CONCERNS. A COMPREHENSIVE APPROACH.

Sequencing is important because every procedure creates a specific biological response. Chemical peels produce controlled chemical exfoliation, microneedling creates controlled mechanical injury, RF produces thermal stimulation, and lasers may create controlled thermal or ablative injury. These treatments require adequate healing time. Performing several aggressive procedures too close together can increase inflammation and the risk of erythema, irritation, barrier disruption, PIH, acne flare-ups, or prolonged recovery.




DIFFERENT MECHANISMS. SPECIFIC RESPONSES.
RIGHT TIMING MATTERS.

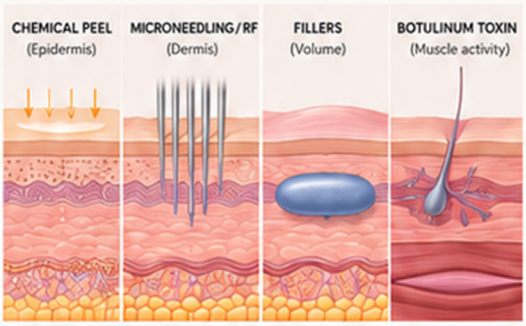
### A good combination protocol follows the principle:




First, assess the patient's skin type, primary concern, active acne, inflammation, pigmentation tendency, previous procedures, medications, and contraindications. If the skin is inflamed or the barrier is compromised, stabilization should come before aggressive treatment.

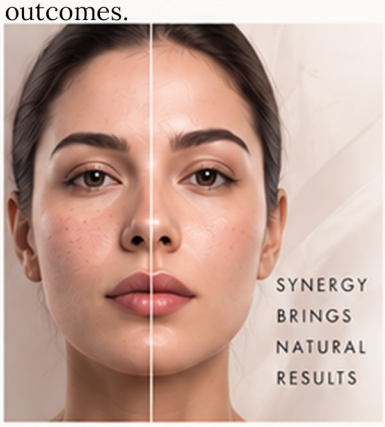
### Selecting Treatments According to Target

Next, treatments should be selected according to their target tissue and mechanism. For example, a chemical peel may primarily address epidermal pigmentation and texture, while microneedling or RF microneedling targets dermal collagen remodeling. Fillers address structural volume, while botulinum toxin primarily affects muscle activity.




DIFFERENT TARGETS. A STRONGER OUTCOME.

The objective is synergy, not excessive treatment. Combining complementa ry procedures can potentially improve results, but more procedures do not automatically mean better outcomes.




Therefore, advanced aesthetic practice should focus on patient selection, treatment indication, sequence, intensity, recovery interval, aftercare, and reassessment.

### Key Principle

**Right patient + right treatment + right sequence right interval + proper aftercare safer and morepredictable results..**

*Thoughtful Combinations for Healthier, Confident Skin*

PLAN | SEQUENCE | COMBINE | ENHANCE

# Communication *Skills for* Aesthetic Practitioners



*Dr Sakshi Ranpise*
(HOD - R & D)

In aesthetic medicine, technical expertise is essential, but effective communication is equally important. Aesthetic practitioners work in a unique field where patient expectations, emotions, and perceptions play a significant role in treatment outcomes. The ability to communicate clearly and empathetically can greatly influence patient satisfaction and trust.

**The consultation process** is often the first opportunity to build a strong practitioner -patient relationship. Active listening helps practitioners understand the patient's concerns, motivations, and desired outcomes. Patients seeking aesthetic treatments may have specific expectations, and it is important to discuss what is realistically achievable. Clear communication prevents misunderstandings and helps establish trust from the beginning.

**Explaining procedures** in simple, easy-to-understand language is another vital skill. Patients should be informed about the benefits, limitations, possible side effects, and expected recovery time associated with a treatment. Transparent communication ensures informed decision-making and enhances patient confidence.



**Non-verbal communication** also plays a crucial role. Maintaining eye contact, demonstrating attentiveness, and displaying a professional yet approachable demeanor contribute to a positive patient experience. Patients are more likely to feel comfortable and valued when they perceive genuine interest and empathy from their practitioner.

**Managing expectations** is one of the most challenging aspects of aesthetic practice. Not every patient is an ideal candidate for every procedure, and practitioners must be able to communicate limitations tactfully while recommending appropriate alternatives. Honest discussions help prevent dissatisfaction and support ethical practice.

**In today's digital era,** communication extends beyond the consultation room. Professional communication through social media, emails, and patient education materials helps strengthen credibility and patient engagement.

**Ultimately,** successful aesthetic practice is built on a combination of clinical skill and effective communication. By fostering trust, understanding patient needs, and delivering clear and honest information, aesthetic practitioners can create positive experiences and achieve better long-term outcomes for their patients.







# Certificate in Microblading & Micropigmentation

**Practical Training. Professional Expertise. Continued Support.**

**Duration**
**4 Days**

**Eligibility**
**10th pass**

## PROGRAMME HIGHLIGHTS

- **Industry-Leading Hands-On Training** focused on practical skills and professional confidence.
- **Experienced Faculty** providing expert instruction and guidance.
- **Lifetime Student Support** with quick response times.
- **End-to-End Setup Assistance** to help you establish and grow your practice.
- **15,000+ Alumni Network** for professional connections and peer support.
- **Marketing & Business Support** to help you build and grow your practice.
- **Monthly Masterclasses** covering updated procedures, emerging techniques and industry trends.









## Advance Your Skills in Aesthetic Treatments

Build practical knowledge through focused training, expert guidance and continued professional support.

**Strengthen Your Skills. Expand Your Opportunities.**







# Certificate in BB Glow Facial

Brighten
Hydrate
Rejuvenate

Focused Training. Practical Experience. Ongoing Guidance.

**Duration**
**1 Day**

**Eligibility**
**10th pass**

## PROGRAMME HIGHLIGHTS

**Industry-Leading Hands-On Training**
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**Experienced Faculty**
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**15,000+ Alumni Network**
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**Marketing & Business Support**
to help you build and grow your practice.

**Monthly Masterclasses**
covering updated procedures, emerging techniques and industry trends.



## Enhance Your Aesthetic Service Portfolio

Gain focused practical exposure and continued guidance to support your professional development in aesthetic skincare services.

**Upgrade Your Skills. Strengthen Your Professional Journey.**

# Preventive Aesthetics

## Can We Delay Visible Aging?



*Dr Shreya Lokhande*
(Faculty - Aesthetic Medicine)



SCIENCE
PREVENTION
LONGEVITY
NATURAL BEAUTY

**Aging is inevitable**, but some visible signs of aging may be delayed. Modern aesthetic medicine is gradually shifting from correction to prevention, focusing on preserving skin quality, facial harmony and tissue health before changes become pronounced.

**Preventive aesthetics is not about stopping age- it is about preventing** what is preventable. Intrinsic aging is influenced by genetics, hormones and time, while UV exposure, smoking and environmental factors can accelerate visible aging.Changes occur not only in the skin but also in fat, connective tissue, muscles and facial bone structure.

**Photoprotection remains one of the strongest preventive strategies.** Consistent sunscreen use can reduce photoaging, while appropriate skincare-particularly evidence-supported topical retinoids such as tretinoin-may improve wrinkles, pigmentation and skin texture.

**A preventive consultation should begin with assessment rather than procedures.** Practitioners should understand sun exposure, skin quality, facial anatomy, muscle activity, volume changes and, most importantly, what the patient wants to preserve.

**Early intervention does not always mean better intervention.** Treatment should be individualised, evidence-based and guided by patient needs. Sometimes, the most appropriate advice is simply: "You do not need this treatment yet."

The future of preventive aesthetics is about

Protect Preserve Assess
Individualise Intervene Reassess.

**Ultimately**, the goal is not to look younger forever, but to age well through science, skill and informed choices.



SAME
STORY.
DIFFERENT
CHAPTERS.

CARE
EARLY.
AGE
BETTER.



WELL
AGING
IS A
BEAUTIFUL
JOURNEY

PREVENTIVE AESTHETICS | EVIDENCE | INDIVIDUALISED CARE | HEALTHIER TOMORROWS

# SKIN BARRIER FIRST

## The Foundation of Procedural Aesthetics



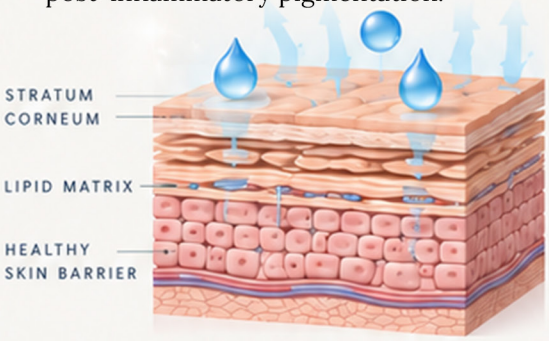
*Dr Shruti Digraje*
(Faculty - Aesthetic Medicine)




In aesthetic medicine, the procedure often gets the spotlight. But beneath every successful peel, laser, microneedling session or injectable lies something far more fundamental—the health of the skin barrier.

The skin barrier, primarily formed by the stratum corneum and its intercellular lipid matrix, serves as the skin's first line of defence. It regulates transepidermal water loss (TEWL), protects against environmental aggressors and microorganisms, and maintains an optimal environment for healthy skin function.

When this barrier is compromised, even a well-planned aesthetic procedure may lead to increased sensitivity, prolonged erythema, dryness, irritation and post-inflammatory pigmentation.




A STRONG BARRIER SUPPORTS
SAFER PROCEDURES AND BETTER OUTCOMES.

### BEFORE THE PROCEDURE: PREPARE, DON'T JUST PERFORM

Procedures create controlled stress or injury to stimulate skin regeneration. However, the skin should enter this process from a position of strength—not compromise.

A pre-procedure skincare routine should focus on hydration, gentle cleansing and adequate photoprotection. Depending on the patient and procedure, potentially irritating actives such as retinoids, exfoliating acids or physical scrubs may need to be reduced temporarily.




### AFTER THE PROCEDURE: REPAIR IS THE PRIORITY

Once the skin has undergone controlled disruption, barrier recovery becomes equally important. Ingredients such as ceramides, cholesterol, fatty acids, glycerin and hyaluronic acid can support hydration and the recovery process.

And one step remains non-negotiable: photoprotection. UV exposure during the inflammatory and healing phase can increase the risk of pigmentation and compromise the overall aesthetic outcome.




### THE FUTURE IS PERSONALised

There is no universal barrier protocol. Sensitive, acne-prone, dry, pigment-prone and mature skin may each require a different approach.

The procedure should therefore begin not with the machine or product—but with the skin assessment.

Because great aesthetic outcomes aren't simply about doing more procedures. They begin with understanding, protecting and respecting the skin barrier.



DIFFERENT SKIN. DIFFERENT NEEDS.
SAME PRIORITY — A HEALTHY BARRIER.

HEALTHY BARRIER
BETTER TOLERANCE
BRIGHTER RESULTS
CONFIDENT PATIENTS

# #AI IN AESTHETIC MEDICINE

## FROM SKIN ANALYSIS TO TREATMENT PLANNING



*Dr.Arpana Chopade*

(Faculty - Aesthetic Medicine)




Artificial intelligence has moved beyond buzzword status to become a real clinical and cosmetic tool. In 2026, the global skincare market exceeds $215 billion, with AI increasingly driving diagnosis, treatment, and product personalization.




DATA DRIVEN. PATIENT FOCUSED.
REAL RESULTS.

### Recent Advancements

AI-powered imaging tools now detect suspicious moles and subtle inflammatory patterns, acting as a "second opinion" that helps prioritize high-risk cases. Personalization has advanced too — apps and devices analyse genetic, environmental, and skin-scan data to recommend tailored formulations rather than generic advice. Energy-based devices like fractional and picosecond lasers now use real-time skin mapping to adjust treatment dynamically, with notable safety improvements for darker skin tones (Fitzpatrick IV–VI). Algorithms can also predict a patient's response to treatment beforehand, while AI scribes and chatbots automate documentation and pre-visit intake, reducing clinician burnout.




FROM DATA TO BETTER DECISIONS

### Advancements

AI enables faster, more accurate diagnosis and true personalization based on individual data rather than broad skin "types." It has improved safety across diverse skin tones, reduced administrative burden on practitioners, and offers consistent, scalable pattern recognition across large patient volumes.

- Faster, more accurate diagnosis
- True personalisation
- Improved safety across diverse skin tones
- Reduced administrative burden
- Consistent, scalable pattern recognition

SMARTER TOOLS.
STRONGER PRACTICE.

### Disadvantages

Experts stress AI cannot replace clinical judgment, especially in nuanced cosmetic decisions. Many algorithms are trained on small or non-diverse datasets, risking biased or culturally inappropriate recommendations. Beauty standards themselves are subjective, complicating "ideal" outcomes. Additional concerns include data privacy risks from genetic and skin-scan information, lack of transparency , and the danger of practitioners over relying on AI outputs instead of independent reasoning.




AWARENESS TODAY FOR A FAIRER TOMORROW.

### Conclusion

The consensus is clear: AI's value lies in augmenting, not replacing, human expertise. Used responsibly, it can improve accuracy and accessibility in skincare but only if bias, privacy, and transparency concerns are actively addressed.







ANALYZE | PERSONALISE | PLAN | ENHANCE

# Personalized Nutrition

## Future of Dietary Planning



*Anu Priya*




Personalized nutrition shifts dietary planning from "one-size-fits-all" model to "Focused individualized approach". While standard food pyramids and calorie guidelines remain useful, the same meal may help one person but leave another fatigued, bloated, or unmanageable weight. Recommendations are therefore tailored to age, composition, health, lifestyle, food preferences, and goals.

Traditional calorie and nutrient guidelines use population averages, yet people respond differently to the same foods. Personalized nutrition considers metabolism, genetics, gut microbiome, sleep, stress, and health conditions to create more targeted strategy.

Personalized nutrition combines health monitoring and nutritional science. Tests, trackers, food records, and health data guide food choices, portions, meal timing, and nutrients. Dietitians use genetic, microbial, and metabolic insights to tailor diets to individual biology, supporting proactive, lifelong disease prevention.




NOURISH INDIVIDUALLY | PREVENT PROACTIVELY | LIVE HEALTHIER

NUTRITION TODAY FOR A BRIGHTER TOMORROW

**Three pillars of personal data drive this approach**

- **Nutrigenomics:** DNA analysis reveals individual's predispositions in processing caffeine, dietary fats, and essential micronutrients.
- **Microbiome Analysis:** Sequencing gut bacteria helps tailor prebiotic and probiotic foods to improve calorie extraction, inflammation control, and gut health.
- **Real-Time Biomarkers:** Wearables such as glucose monitors show individual responses to foods, varying glycemic reactions.

Rather than broadly advising to "reduce carbohydrates," personalized nutrition identifies suitable sources, portions, and meal timing based on person's metabolism and lifestyle, then adapts recommendations as health, or goals change.

However, it shouldn't be confused with commercial genetic or microbiome-based diets that lack scientific validation; evidence-based principles and professional assessment remain the foundation. Combining scientific evidence, personal health data, technology, and professional expertise make dietary planning precise, adaptable, sustainable, and effective—an important advance in nutrition and preventive healthcare.

Personalized nutrition isn't merely a trend; it is future of dietary planning. It replaces generic advice with precision wellness tailored to individual biology and using clinical tools to identify nutritional needs.

> *The right nutrition for a healthier, happier you.*

SCIENCE GUIDES NUTRITION TRANSFORMS LIVES

NUTRITION | SCIENCE | GUT HEALTH | WHOLE BODY WELLNESS

# The Microbiome Revolution

## Nutrition Beyond the Gut

*Small Microbes. A Healthier, Happier You.*




What if the food we eat could influence not only digestion, but also **immunity, metabolism, heart health and brain function?** This is the emerging story of the gut microbiome. The **gut microbiome** consists of trillions of microorganisms that interact with the food we consume. **Nutrition plays a major role in shaping these microbes,** making our daily food choices important far beyond digestion.

Feed Your Microbes: Dietary fibre is important for a healthy microbiome. Foods such as **oats, whole grains, beans, lentils, chickpeas, vegetables, fruits, nuts and seeds** provide fibre that gut microbes ferment into short-chain fatty acids (SCFAs) such as butyrate, acetate and propionate. These compounds can influence the intestinal barrier, immunity and metabolism.

**Fermented foods** such as **curd, yoghurt, kefir, idli, dosa and kimchi** can also provide beneficial microorganisms and bioactive compounds, although their effects vary by food and microbial content.

**Nutrition Beyond the Gut**
Microbial activity may influence the brain, immune system and metabolic organs through microbial metabolites and pathways such as the gut–brain axis.

**The key message is simple:** feed your microbes a variety of whole, plant-rich foods. There is no single "superfood" or perfect microbiome diet; overall dietary diversity and quality matter most.

> *Every meal is an opportunity to nourish not only our body, but also the microbial community that works alongside it.*

WHOLE FOODS REAL BENEFITS | HEALTHY GUT HAPPIER YOU | NOURISH TODAY THRIVE TOMORROW



Prerna Dandona

EAT WELL LIVE BETTER

# INTERMITTENT FASTING

## CURRENT EVIDENCE AND CLINICAL CONSIDERATIONS




Intermittent fasting (IF) has emerged as a widely used dietary approach involving alternating periods of eating and fasting. Intermittent fasting refers to planned periods of fasting alternating with periods of eating.



Mehak

## CURRENT EVIDENCE

Current evidence suggests that intermittent fasting can be an effective dietary strategy for weight management and improvement of selected cardiometabolic risk factors.

1. **Evidence for Weight Loss:**

Weight reduction is currently one of the best-supported benefits of intermittent fasting. Recent systematic reviews and randomized trials show that intermittent fasting can reduce body weight and BMI

2. **Effects on Blood Glucose:**

Women with overweight or obesity found that intermittent fasting significantly reduced fasting blood glucose, although the effect on blood pressure was not statistically significant.

3. **Effects on Blood Glucose:**

Recent evidence suggests potential improvements in body weight and glycemic parameters. However,fasting can increase the risk of hypoglycemia in people receiving insulin or certain glucose-lowering medications.







## CLINICAL CONSIDERATIONS OF INTERMITTENT FASTING

Intermittent fasting should not be considered a one-size-fits-all dietary intervention.

### 1 NUTRITIONAL ADEQUACY:

During the eating period, attention should be given to

- Adequate protein
- Vegetables and fruits
- Whole grains and high-fiber foods
- Healthy sources of fat
- Essential vitamins and minerals
- Adequate fluid intake

### 2 DIABETES AND HYPOGLYCEMIA RISK

During the eating period, attention should be given to

- Insulin
- Sulfonylureas
- Other glucose-lowering therapies capable of causing hypoglycemia

Glucose monitoring, medication review,and individualized adjustment may therefore be necessary

### 3 HYDRATION AND ELECTROLYTES:

Adequate hydration is important during fasting

Depending on the fasting protocol,climate,physical activity,and medical conditions

- Headache
- Dizziness
- Fatigue
- Orthostatic symptoms
- Reduced exercise toleranc



# PLANT BASED EATING

## IS IT SUITABLE FOR EVERYONE?

*Nourish People Nourish Planet*




Can a mainly plant-based diet provide everything the body needs and meet protein goals? Plantbased eating is popular. But doy and proper planning.

Research suggests that well-planned vegetarian and vegan diets can be nutritionally adequate fores choosing more plant foods automatically make a diet nutritionally complete?

Plant-based eating includes vegetables, fruits, whole grains, pulses, beans, nuts and seeds. It can range from eating more plants to a vegan diet. Its nutritional adequacy depends on variety, quantit adults. They are often rich in fibre and several vitamins and minerals. However, attention is needed for vitamin B12, iron, calcium, iodine, zinc and omega-3 fatty acids.

A well-planned plant-based diet can provide all nine essential amino acids and meet protein requirements when adequate amounts of legumes, soy, whole grains, nuts and seeds are consumed.

Where does chicken get its complete protein from? Chickens are omnivores, and commercial poultry feed commonly contains maize, soybean meal and grains. Chickens digest dietary proteins into amino acids and use them to build muscle proteins:




Chicken is called a complete protein because its meat contains all nine essential amino acids in proportions sufficient for humans—not because the chicken creates these amino acids from nothing.

So, if chickens can obtain amino acids from plant-based feed and build complete protein, why can't humans obtain them directly from plants?




### 4 What can you do?

Include diverse and varied plant proteins and pay attention to key nutrients. Use fortified foods or supplements when needed. During pregnancy, childhood or increased

### 5 Conclusion

Plant-based eating can be suitable for many people when it is balanced, varied and properly planned to meet individual nutritional and protein requirements.



*Janhavi Jasani*

# Nutrition for Busy Professionals

## Healthy Eating with Limited Time




## 1 Introduction

Healthy eating is achievable even with a demanding and busy lifestyle. Effective nutrition lies in prioritizing whole, nutrient-dense foods over processed alternatives. Quick options such as fresh fruits, salads, nuts, and yogurt supply essential vitamins and minerals without lengthy preparation. Portable snacks like protein bars or roasted chickpeas help curb hunger and reduce unhealthy cravings. Sugar-loaded drinks can be replaced with herbal teas.

## 2 Problems

**Busy professionals often struggle with irregular eating due to long working hours, meetings, high stress, and limited time for meal preparation. Common issues:**

Skipping breakfast regularly, leading to energy crashes and reduced concentration mid-morning.Relying on fast food — burgers, fries, pizza, and processed snacks — high in calories but low in nutrients.Excessive caffeine intake with very low water consumption, causing dehydration and fatigue.These habits lead to low energy, poor focus, unhealthy weight changes, and hormonal imbalances.




## 3 Conclusion

With the right strategies, busy professionals can maintain a healthy, balanced diet. Practical solutions include:

**Plan meals in advance:** Prepare meals or snacks ahead of time to avoid unhealthy impulse choices.

**Never skip breakfast:** Choose quick options like fruits, oats, yogurt, or nuts to fuel your morning.

**Choose balanced meals:** Include vegetables, whole grains, lean proteins, and healthy fats in every meal.

**Limit fast food:** Reduce fried foods, sugary drinks, and heavily processed snacks.

**Stay hydrated:** Drink water regularly; keep a bottle at your desk as a reminder.

**Mindful eating:** Eat slowly, away from screens, and listen to your hunger signals.




REAL FOOD REAL RESULTS | SAVE TIME | HIGHER PRODUCTIVITY | HEALTHIER HAPPIER YOU



Garima Sharma

LEARN | RESEARCH | EVOLVE

# OUR COURSES FOR NUTRITION



## Diploma in Food Nutrition & Dietetics

**Duration**
**6 Month**

**Eligibility**
**10th pass**

**Mode**
**Online**

*Build a Healthier Future with the Power of Nutrition*

- Learn from Industry Experts
- Comprehensive Study Material
- Flexible Online Learning
- Career Growth Opportunities

ADVANCED DIPLOMA IN

# Clinical Nutrition and Dietetics

BUILD EXPERTISE IN EVIDENCE-BASED NUTRITION & DIETETIC PRACTICE



Duration:
**1.5 Months**

Eligibility:
**Doctors & Medical Professionals**

Mode:
**Online**

- Comprehensive Clinical Nutrition Knowledge
- Diet Planning & Counselling Skills
- Patient-Centric Nutritional Approach
- Practical Insights for Real-World Practice

*Advance Your Career in Clinical Nutrition*



# MENOPAUSE NUTRITION

SUPPORTING SKIN, BONE, & HORMONAL HEALTH.



*Dr. Snehal Pranit Gandhi*

## Menopause: A Time Of Change.

Menopause is a natural physiological phase in a woman's life, associated with a gradual decline in estrogen levels, precipitating vasomotor symptoms, accelerated bone resorption, dermatoses, heightened cardiovascular risk & adverse metabolic changes. Appropriate nutrition plays an important role in supporting the body during this transition phase.

## Protecting Bone Strength-

Bone health needs special attention, as reduced estrogen can accelerate bone loss and increase risk of osteoporosis. Adequate calcium, vitamin D & protein are essential for maintaining muscles and bone strength. Good sources include milk, curd, green leafy vegetables, pulses, sesame seeds, ragi, pulses, nuts. Regular sunlight exposure also supports vitamin D status.

## Supporting Healthy Skin-

Skin changes such as dryness, loss of elasticity & increased sensitivity are common due to reduced estrogen. Adequate hydration, fruits & vegetables rich in antioxidants, and foods providing vitamin C, vitamin E and healthy fats can support skin health. Amla, guava, citrus fruits, nuts, seeds, flaxseeds, chia seeds and walnuts are useful dietary choices.

## Supporting Hormonal & Metabolic Health-

During menopause a series of hormonal changes takes place, these can affect metabolism, body weight, mood, sleep, and overall well being. Include whole grain, pulses, vegetables,fruits, nuts and seeds. Soy and soy products contain isoflavones, which may help some women with menopausal symptoms.

## What To Limit-

Excessive intake of refined sugar, highly processed foods, fried foods and alcohol should be avoided, caffeine should be taken in moderation.

## Key Takeaway-

Menopause is not just the end of menstruation -it is a phase of significant hormonal and metabolic transition that can influence the whole body. A nutrient-dense diet providing adequate calcium, vitamin D, protein , fiber, antioxidants and healthy fats, along with regular weight bearing exercise, hydration, stress management and healthy lifestyle habits, can help reduce nutritional risks and support healthy aging during the menopausal transition.




STAY ACTIVE | EAT WELL | STAY HYDRATED | MANAGE STRESS | AGE HEALTHILY



# Decoding Popular Diet Trends

*Dr. Tulasi*

The modern wellness world is packed with popular diets, each claiming to be the ultimate path to good health. From low-carb keto to ancient paleo, and from heart-healthy DASH to the famous Mediterranean diet, understanding these trends comes down to recognising two distinct approaches: elimination protocols and inclusive lifestyles.

**Elimination Diets (Keto & Paleo):** Keto slashes carbohydrates so your liver converts fat into ketones for fuel rather than glucose, triggering ketosis. This can lead to rapid initial weight loss and reduced blood sugar spikes. Meanwhile, Paleo removes post-agricultural foods like grains, beans, and dairy. While these diets can produce rapid short-term weight loss by eliminating ultra-processed foods, their strict rules often lead to low long-term compliance.

**Inclusive Diets (DASH & Mediterranean):** DASH is specifically designed to prevent and manage high blood pressure by combining low sodium with high potassium, magnesium, and calcium to naturally relax blood vessels. Similarly, the Mediterranean diet emphasises a lifestyle pattern based on traditional foods from Mediterranean countries, focusing on monounsaturated fats, fibre, and antioxidants to lower LDL cholesterol and support heart health. Research shows these flexible, nutrient-dense patterns consistently support long-term cardiovascular health and sustainable weight management without requiring extreme food bans.

Extreme elimination plans can serve as short-term interventions, but flexible, inclusive habits offer sustainable health benefits. ICMR-NIN emphasises dietary diversity—combining whole grains, pulses, dairy, nuts, and plenty of vegetables to ensure long-term health. Ultimately, the best diet isn't about strict labels—it's about building a balanced, evidence-based eating routine that you can comfortably enjoy for life.




HEALTHY WEIGHT | BETTER HEART HEALTH | MORE NUTRIENTS | A HAPPIER YOU

EAT WELL | STAY INFORMED | LIVE BETTER



Dr
Pooja Patil

Know Your Food Choose Better Health

SMALL CHANGES FOR A HEALTHIER TOMORROW

# HIDDEN SUGAR

## IN EVERYDAY FOOD AND THEIR IMPACT ON HEALTH




### DOES YOUR MORNING ENERGY COME FROM SUGARY BREAKFAST?

Most of the food you eat in the morning has sugar. Example- Bread Jam, Cornflakes, Biscuits Tea, Coffee, Khari. A common myth that Atta noodles are healthy and cereals are packed with energy for morning breakfast.Also packed fruit juices which are marketed as a healthy breakfast option often has very little amount of fruits in it and mostly contains sugar.Students and working professionals having easy to cook recipes are getting their immunity weakened and land up into inflammation.

### How does hidden sugar impact on health?

- Cardiovascular diseases
- Diabetes Type 2
- Weight gain
- Fatty liver
- Mood swings
- Acne
- Blood pressure
- Chronic Inflammation
- Tooth Decay

Dietary guidelines 2015-2020 establisheda daily value for added sugar of 50gms (200 cal.) in a 2000 cal. diet. This translates to 10% of total calories of what listed on food nutrition labels.

The recent guidelines of 2025-2030 recommend that no meals should contain more than 10gms (2.5 tsp) of added sugar. The guidelines also state that grain based food labels "healthy" must contain more than 5gms of added sugar per serving,

### WHERE DOES YOUR HIDDEN SUGAR COMES FROM?

- Beverages
- Cereals[cornflakes, museali]
- Maggi, Atta noodles
- Ice-cream, Packaged Juices
- Chocolate/hot chocolate
- Biscuits
- Honey, Jaggery, Other Artificial
- Sauses, Ketchups, Mayonnaise
- Cookies, Bread
- Milk mixes [bourvita, boost, brands]




### HOW TO AVOID HIDDEN SUGAR

Learn to read nutrition labels. Avoid eating outside. Eat home cooked food

Healthier Choices Brighten You

# THE SCIENCE OF NUTRIENT TIMING

## DOES WHEN YOU EAT MATTER?



*Dr. Ashish Thakur*

**Nutrient timing** means planning what **and when you eat according** to the body's needs. It is not more important than overall diet quality, but meal timing can influence energy, metabolism, blood sugar, recovery and appetite.

Our body follows a **24-hour internal clock called the circadian rhythm,** which regulates digestion, hormones and metabolism. Generally, the body handles food more efficiently during the active daytime period. **Insulin sensitivity is usually better earlier in the day,** while late-night eating may lead to higher blood glucose because evening melatonin can reduce insulin effectiveness.

Therefore, having more calories earlier in the day and avoiding very heavy meals close to bedtime may support better metabolic health. Eating at regular intervals of around 3–5 hours can also help prevent extreme hunger and overeating at night.

SAME NUTRIENTS. BETTER TIMING. GREATER RESULTS.

BODY CLOCK BETTER HEALTH

## ANABOLISM & CATABOLISM IN 24 HOURS

Throughout the day, the body continuously shifts between **anabolism (building and storing) and catabolism (breaking down molecules for energy).**

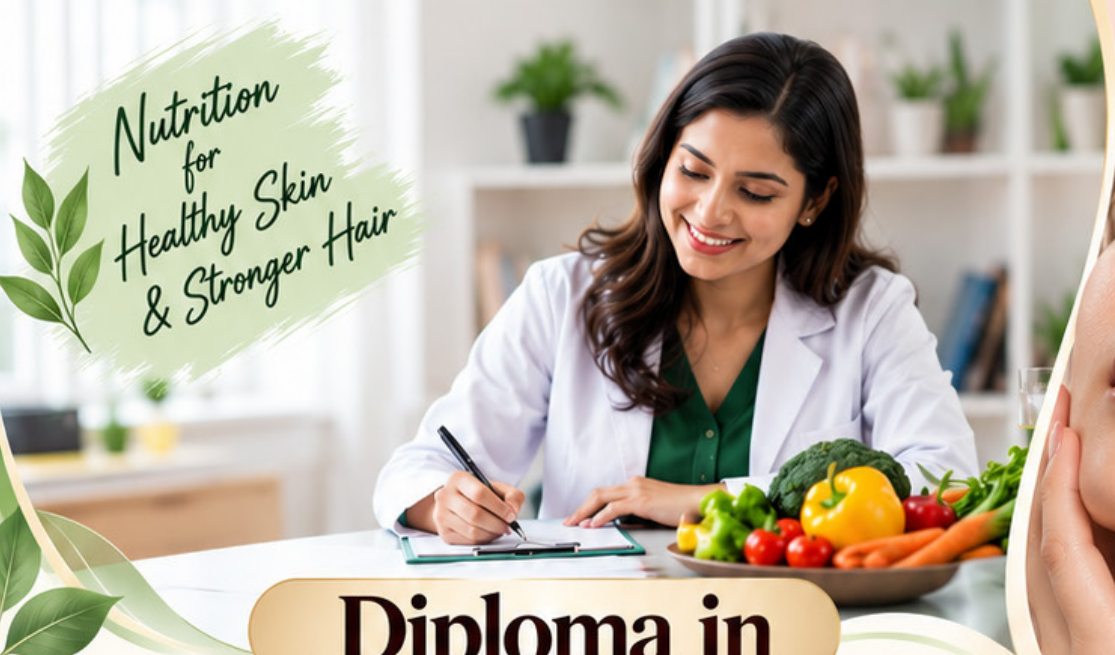



**Fed/Postprandial Phase (0–4 hours):**
After eating, glucose and amino acids increase in the blood. Insulin promotes anabolism. Glucose can be stored as glycogen, while amino acids support protein synthesis and tissue repair. Cells also use nutrients directly for energy and ATP production.

**Post-absorptive/Fasting Phase (4–18 hours):**
As food is no longer being absorbed, the liver breaks down glycogen to maintain blood glucose. Lower insulin and higher glucagon encourage gradual fat mobilization. Cellular maintenance processes also occur during fasting.

**Early Starvation Phase (18–24 hours):**
Liver glycogen stores become very low. The body increases fat breakdown, releasing fatty acids. The liver produces ketone bodies for energy and uses some amino acids for gluconeogenesis to maintain essential glucose supply.

**Key takeaway:** Healthy nutrition is not only about what we eat, but also understanding when our body receives and uses nutrients.







# Diploma in Skin Nutrition & Hair

Learn the Science of Nutrition for Healthier Skin and Stronger Hair




**Duration**
1 Month

**Eligibility**
- B.Sc. Nutrition
- M.Sc. Nutrition
- DFND Completed Candidates

**Mode**
Online

## PROGRAMME HIGHLIGHTS

**In-Depth Learning**
Understand the role of nutrition in skin and hair health.

**Evidence-Based Approach**
Learn with scientific insights and practical applications.

**Expert Guidance**
Sessions by experienced nutrition faculty.

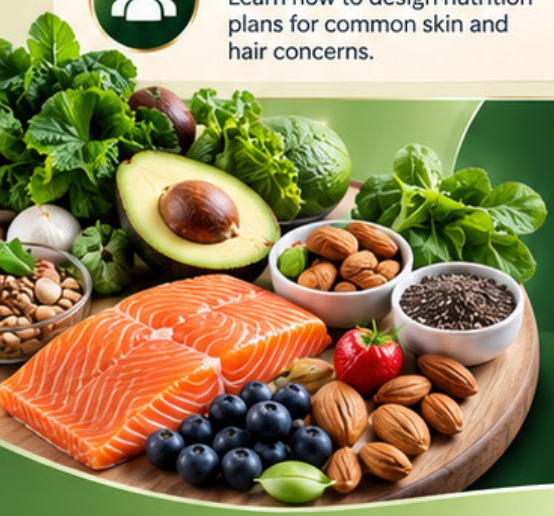
**Flexible Online Learning**
Study at your convenience with recorded and live sessions.

**Focus on Practical Application**
Learn how to design nutrition plans for common skin and hair concerns.

**Continued Support**
Access guidance and query support even after course completion.

## Topics You Will Learn

- Nutrition for Healthy Skin
- Nutrition for Hair Growth and Strength
- Role of Vitamins, Minerals and Antioxidants
- Diet Management for Common Skin and Hair Concerns
- Nutraceuticals and Functional Foods
- Lifestyle and Dietary Guidance



## Nourish Your Knowledge. Transform Skin & Hair Health.

Develop specialised knowledge in skin and hair nutrition and create better outcomes through evidence-based nutritional guidance.






# GLP-1 PROGRAM

## Evidence-Based Nutrition Support for Weight Management & Metabolic Health

Understand
Apply
Personalise
Create Better Outcomes

**Duration**
**4 Weeks**

**Eligibility**
- B.Sc. Nutrition
- M.Sc. Nutrition
- Doctors – Cardiologists, Endocrinologists
- DFND Completed Candidates

**Mode**
**Online**

## PROGRAMME HIGHLIGHTS

**Evidence-Based Learning**
Understand the science, mechanism and clinical applications of GLP-1.

**Nutrition Planning Strategies**
Learn practical dietary approaches to support GLP-1 therapy.

**Expert Faculty**
Sessions by experienced nutrition and medical professionals.

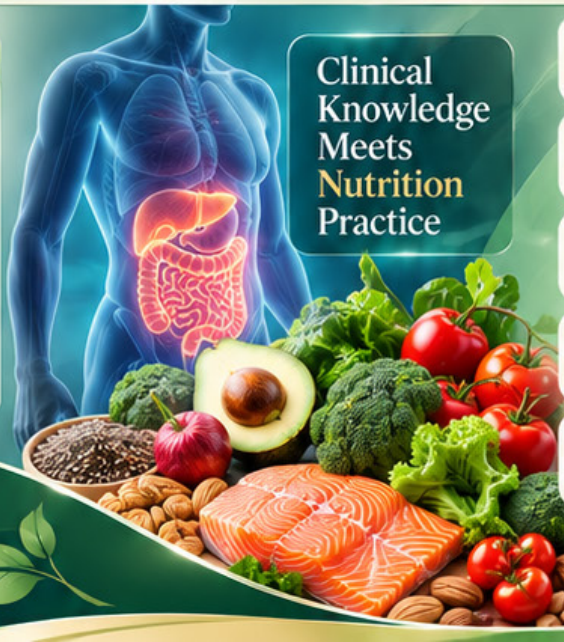
**Practical Case Discussions**
Real-world scenarios, case-based learning and problem-solving.

**Flexible Online Learning**
Study at your convenience with recorded and live sessions.

**Continued Support**
Access guidance and query support even after course completion.

## KEY TOPICS COVERED

- Introduction to GLP-1 and its mechanism
- Indications, contraindications and guidelines
- Role of nutrition in GLP-1 therapy
- Meal planning and dietary strategies
- Managing side effects through nutrition
- Lifestyle modification and behaviour support
- Case studies and practical application



Clinical Knowledge Meets Nutrition Practice

- Support Healthy Weight Management
- Improve Metabolic Health Markers
- Personalised Nutrition Strategies
- Better Patient Outcomes
- Build Expertise in a Growing Field

**Advance Your Knowledge.**
**Create Real Impact.**

# Food Labels Decoded

## A Dietitian's Guide to Smart Choices




When we go shopping, we often select food products based on attractive packaging or claims such as low-fat, natural, or high-protein. These claims may catch our attention, but they do not always tell the complete story. That is why understanding food labels is important for making healthier food choices and maintaining good health.

Food labels provide valuable information about a product. They include details such as calories, carbohydrates, proteins, fats, sugar, fiber, sodium, vitamins, and minerals. They also mention the serving size and ingredient list. Reading these details helps consumers understand what they are eating and compare different products before purchasing them.







### A SIMPLE EXAMPLE

For example, while buying breakfast cereals, two brands may appear equally healthy. However, after checking the nutrition label, one cereal may contain less sugar and more fiber than the other. This simple comparison can help a person choose the healthier option.




### KEY THINGS TO KEEP IN MIND

Experts recommend checking the serving size first because all nutritional values are based on that amount. It is also important to limit foods high in added sugar and sodium, as excessive intake may increase the risk of obesity, diabetes, and high blood pressure.




### TIPS FOR SMARTER CHOICES

While reading food labels, consumers should compare similar products, choose foods with less added sugar and sodium, and look for foods rich in fiber and protein. These simple steps can help in making healthier food choices and improving overall dietary habits.

### IN CONCLUSION

In conclusion, food labels are simple but powerful tools. By spending a few extra seconds reading them, we can make smarter food choices, improve our eating habits, and support our overall health and well-being.



*Pooja Tushar Deshmukh*

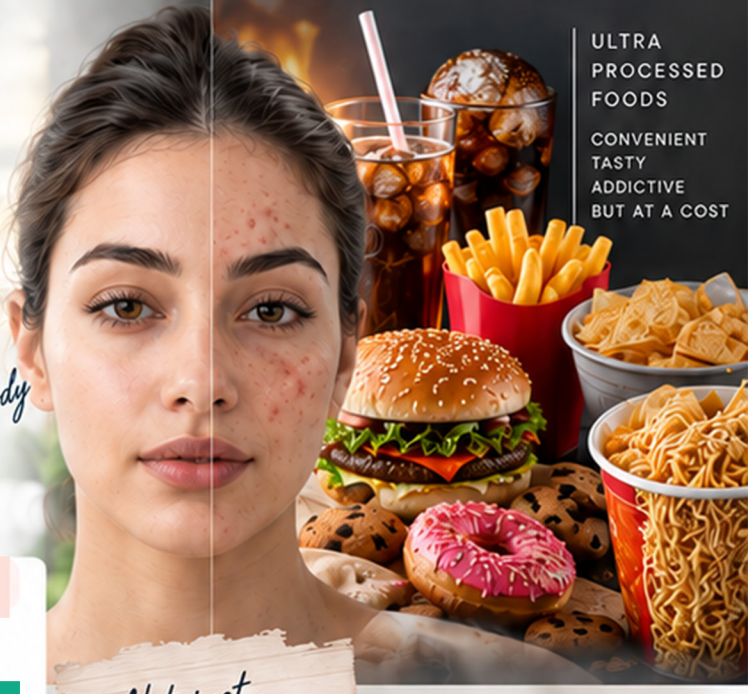
NUTRITION | SKIN HEALTH | METABOLISM | HEALTHIER TOMORROW

# Understanding UPFS

## Affecting skin and metabolism

*Good Food Fuels More Than Just Your Body*

WHAT YOU EAT TODAY SHAPES A HEALTHIER TOMORROW




### Have you ever wondered.....what?

Why do we crave ultra processed food again and again?

### You might be thinking.....

But what makes these foods different from the food we prepare at home? The answer lies in how they are formulated and processed

These are foods that have been heavily processed and often contain ingredients you wouldn't normally use in home cooking, such as certain additives, flavorings, sweeteners, or preservatives.

Eg. Chips,sugary drinks,instant noodles and many more which we consume in our day to day life.

### But what happens after these foods enter our body?

Some UPFs contain large amounts of added sugars or refined carbohydrates. They can be digested quickly, causing blood glucose to rise rapidly. The pancreas responds by releasing insulin, which helps glucose move from the blood into cells




Consuming ultra processed foods in large quantity or frequently can affect metabolism by creating imbalance in your body.

*Not just Calories... It Affects Your Skin Too!*



### IMPACT ON METABOLISM

- Rapid blood glucose rise
- Insulin response
- Effects on appetite & energy balance
- Can create imbalance in your body

### IMPACT ON SKIN

- May contribute to acne in susceptible people
- Nutrient deficiencies can affect skin health
- Can influence hormones and inflammatory pathways

### Guess what....

Ultra processed food not only affects metabolism it affects skin too .But in what ways

Frequent spikes may influence hormones and inflammatory pathways that can contribute to acne in susceptible people.

If UPFs replace fruits, vegetables, nuts, pulses and whole grains, you may get less vitamin C, vitamin E, zinc, antioxidants and other nutrients important



*Pragati Gandhi*

*"What you eat today may not just fuel your body— it may influence how your body functions and how your skin looks tomorrow."*

*Always remember*

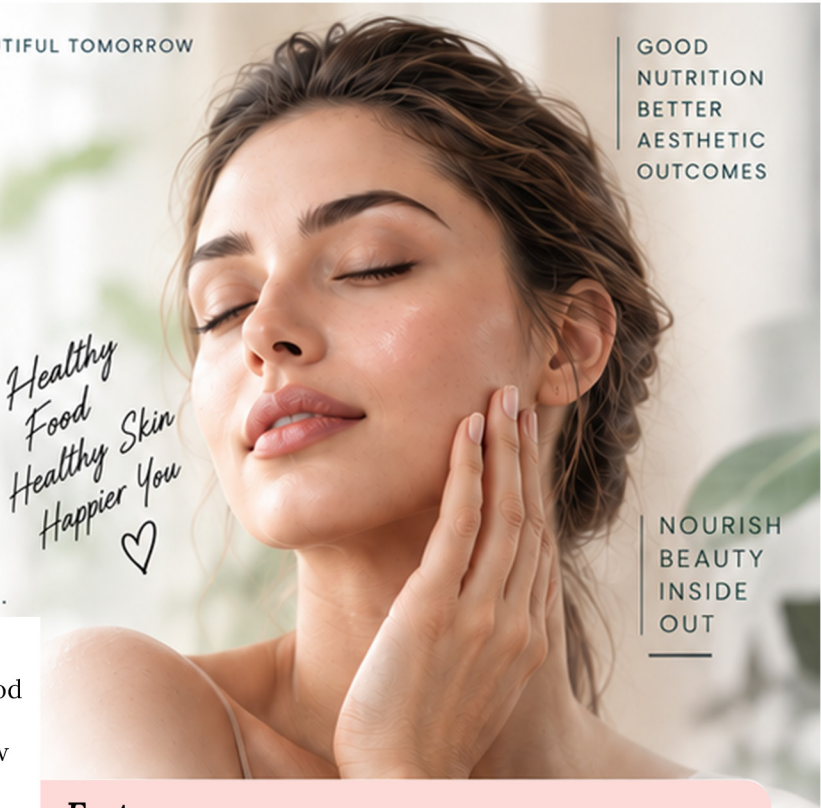
HEALTHY FOOD
HEALTHY SKIN
HAPPIER YOU

NUTRITION | AESTHETIC MEDICINE | HEALTHY SKIN | BEAUTIFUL TOMORROW

# Eating for Better Treatment Outcomes

## Can Nutrition Enhance Aesthetic Results?

NOURISH TODAY. RADIANT TOMORROW.




Skin and hair are the mirror image of what we eat and some are genetically blessed with good skin and hair.Good Gut adds glow to skin.Aesthetic treatments can improve the appearance and quality of the skin,depending on how well the skin responds and recovers.

### Research studies says:



Proteins from eggs,lean chicken,yoghurt builds, repair skin health and hair structure.



Fatty acids like avocado, seeds,nuts,and fatty fish reduce inflammation and produce shiny hair.



Vitamin C-rich fruits in oranges, kiwi, berries support collagen synthesis.



Minerals help skin repair,oil balance, strong hair follicles,found in pumpkin seeds, banana, cucumber. where as pomegranate,and dark chocolate (in limit) are rich in antioxidants




### Facts



Dietary trap i.e Insulin like growth factor spikes,affects skin, increases androgen hormone which works rapidly to produce sebum causing Acne.

Elimination of commercial milk,as it has natural bovine hormone which hyperactives skin receptors.So the diet should be a low GI (whole grains,legumes,pulses, lentils)



### Hairfall

Without Protein, hairroot goes in resting phase and causes hair loss as hair is made up of protein i.e keratin.Biotin helps improve keratin infrastructure.zinc, vitamin D repairs hair tissues.



### Hairfall

Drinking 3 to 4 litres water keeps skin hydrated.



For aesthetic professionals, nutrition should be a holistic approach. Clients undergoing chemical peels or other treatments that involve controlled skin injury may benefit from maintaining a balanced diet.



Priya koiloor

BETTER NUTRITION | HEALTHIER SKIN & HAIR | ENHANCED TREATMENT OUTCOMES | A MORE RADIANT YOU

Beauty Begins on Your Plate

SCIENCE | NUTRITION | AESTHETICS | LONG-TERM WELLNESS

HEALTHY PEOPLE | PRODUCTIVE MINDS | BRIGHTER TOMORROWS

# NUTRITION FOR SHIFT WORKERS




**Shift Work** is common among healthcare professionals, aviation workers, factory employees, emergency responders, transport workers and service-sector employees.

A U.S research describes how night and rotating schedules can disturb sleep, eating patterns and the body's internal clock.



Sparsh Gupta

Healthcare Professionals | Aviation Workers | Factory Employees | Emergency Responders | Transport Workers | Service-Sector Employees

## 1 Effect on the circadian rhythm

The **circadian rhythm** is the body's 24-hour biological clock that regulates sleep, alertness, hormones and even eating timings. Working at night exposes the body to light and food when it is biologically prepared for sleep and fasting.

## 2 Possible health problems

A research by National Institutes of Health (NIH) suggested that night-shift work is associated with increased risk of obesity, diabetes and cardiovascular problems. Also Irregular shifts can cause **poor sleep, fatigue,** weight gain and obesity,

## 3 Why meal timing matters

A NIH study found the rise in blood glucose associated with simulated night-shift work. Also shift workers snack frequently,consume more saturated fat, sugary drinks and convenience foods.

## SMART NUTRITION FOR SHIFT WORKERS

Shift workers should plan meals before the shift, do not rely on fast food. Choose protein + fibre + healthy carbohydrates at main meals for eg. eggs, paneer, dal, chicken, curd, vegetables, fruit, oats, wheat roti and rice.

## Quick Indian "to-go" meals:

- Vegetable **poha + peanuts**
- boiled **eggs / omelette**
- **Moong-dal chilla** with paneer/curd
- Whole-wheat roti roll with **paneer/chicken + vegetables**
- **Vegetable dal khichdi** with curd
- **Idli + sambar** with fruit
- **Sprouts/chana chaat** with vegetables
- **Overnight** oats with milk/curd, nuts and fruit
- **Sattu drink** (protein-rich drink )
- **Homemade protein laddoo** ( mix of nuts , seeds, with dates or honey)




**Remember:**
*Your schedule may change, but your commitment to your health can remain constant".*

BETTER NUTRITION | BETTER SLEEP | MORE ENERGY | HEALTHIER YOU | BRIGHTER TOMORROWS

FUELING PEOPLE THROUGH EVERY SHIFT




SAFE FOOD HEALTHY PEOPLE

# FOOD COMPLIANCES PROGRAM

**Learn Regulations. Ensure Safety. Build a Career in Food Compliances.**

**Duration**
**1 Week**

**Eligibility**
- B.Sc. Nutrition
- M.Sc. Nutrition

**Mode**
**Online**

## PROGRAMME HIGHLIGHTS

**Comprehensive Learning**
Understand food laws, regulations and compliance requirements.

**Practical & Application-Oriented**
Real-world examples, case studies and practical guidance.

**Expert Guidance**
Learn from experienced faculty with industry knowledge.

**Updated Regulatory Knowledge**
Coverage of latest FSSAI guidelines and industry standards.

**Flexible Online Learning**
Study at your convenience with recorded and live sessions.

**Continued Support**
Get guidance and clarity on queries even after course completion.

## KEY TOPICS COVERED

- Introduction to Food Safety and Food Regulations
- FSSAI Guidelines and Compliance
- Food Labelling and Claims
- Quality Control and Hygiene Standards
- Food Manufacturing and Processing Standards
- HACCP and Food Safety Management
- Documentation and Record Keeping
- Product Development and Regulatory Approvals
- Global Food Safety Regulations (Overview)




## From Regulations to Real Impact

Develop the knowledge and skills to ensure food safety, quality and compliance in the food industry.

- Better Knowledge.
- Greater Career Opportunities.
- Safer Food. Healthier Communities.

# REFER EARN

*Hi Students,*

Welcome to 12Can family.
Let's share happiness!

## 5% PAYMENT BACK

AFTER COURSE

Refer a friend or family, and you will get **5% amount** as a **referral amount**, after they've completed their course.



**1. REFER**
Share with your friend or family

**2. THEY ENROLL**
They complete the course

**3. YOU EARN**
Get 5% amount as referral payment

*Learn Together*
*Grow Together*

# Protein Quality in Modern Diets

## Are We Eating Enough of the Right Protein?





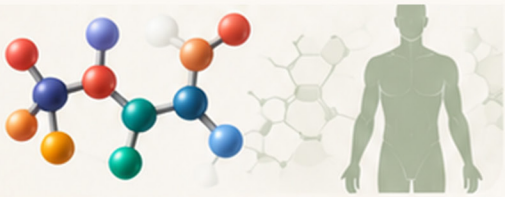


*Dt.Sanskruti Gosavi*
(Faculty - Nutrition)

**Protein is no longer just a nutrient discussed by athletes**—it has become a headline in modern nutrition. Yet, the question is not simply "How much protein do we eat?" but "Are we choosing the right protein?"



**Proteins are made of amino acids.** Of the 20 amino acids, nine are essential amino acids (EAAs), meaning they cannot be synthesized adequately by the body and must come from the diet. The remaining amino acids are generally classified as non-essential because the body can synthesize them. Thus, protein quality depends not only on quantity, but also on essential amino-acid composition and digestibility.



**Animal foods such as eggs, milk, curd, paneer, fish, chicken and meat** generally provide all nine EAAs in favorable proportions and are considered complete, high-quality protein sources.



Among plant foods, soy is also a notablecomplete protein. However, describing plant proteins as "incomplete" should not imply that vegetarian diets are inadequate. Different plant proteins can complement one another.



**This is where traditional Indian** eating patterns become particularly interesting. Cereals and pulses have different limiting amino acids; combining them—such as dal-rice, roti-dal or khichdi—can improve the overall amino-acid profile of the diet. Importantly, complementary proteins do not necessarily need to be consumed in the same meal; dietary variety across the day also matters.



**Modern tools such as the Digestible Indispensable Amino Acid Score (DIAAS) further** highlight that protein quality involves both indispensable amino-acid content and digestibility.




**Interestingly, our grandparents'** kitchens often contained protein-rich foods without the modern "high-protein" label: dals, legumes, chana, soy, milk, curd, nuts, seeds and cereal-pulse combinations.



The future of protein nutrition is therefore not simply "more protein." It is smarter protein—adequate quantity, better quality, good digestibility, dietary diversity and thoughtful food combinations.

EAT
IN SYNC
LIVE
BETTER

# Chrononutrition

## How Meal Timing and Circadian Rhythm Influence Metabolic Health in Modern Diets

*Nutrition is not only about what we eat, but also about when our metabolism receives that nutritional signal.*



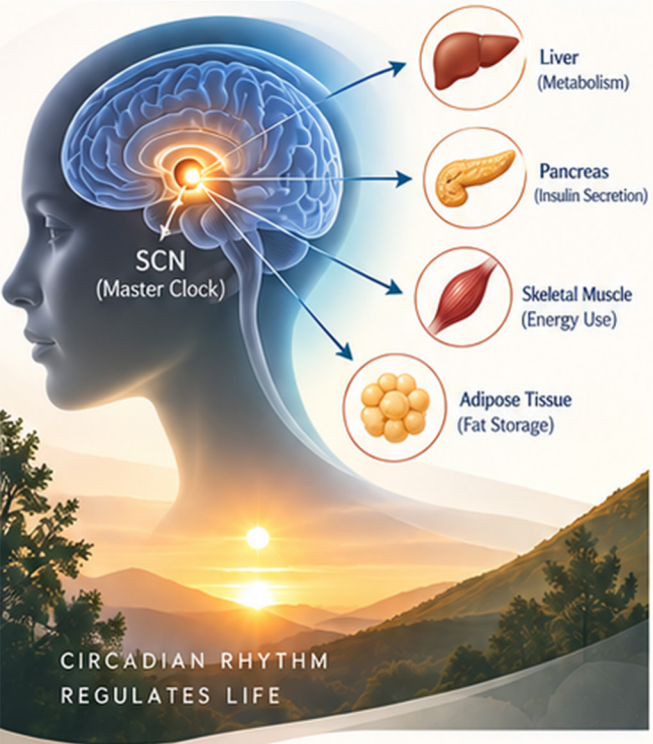
*Ketki Mungi*
(HOD - Nutrition)

Good Food Better Timing

**What if meal planning could influence metabolism before the first bite is even taken?**

We often evaluate a meal based on its ingredients, calories, and portion size. However, the body also responds to another important factor: **when the meal is consumed.**

Chrononutrition explores the relationship between food timing and circadian rhythms (approximately 24-hour biological cycles that regulate physiological processes). The suprachiasmatic nucleus or **SCN (the brain's master circadian clock)** coordinates these rhythms, while peripheral clocks (molecular clocks present in tissues such as the liver, pancreas, skeletal muscle, and adipose tissue) regulate local metabolic functions. At the cellular level, clock genes including **CLOCK, BMAL1, PER, and CRY** generate rhythmic patterns that influence processes such as glucose production, insulin sensitivity, and lipid metabolism.




**The effect of meal timing can be observed in glucose regulation.**

A 2015 study by Bandín and colleagues found that consuming the same lunch at **4:30 PM instead of 1:00 PM** increased post-meal glucose exposure by **46%** and altered carbohydrate oxidation and cortisol patterns. The meal itself remained identical, but the metabolic response changed with its timing.




**46%**
HIGHER
POST-MEAL
GLUCOSE
EXPOSURE

**Individual biology adds another layer.** Variations in genes such as **PER1, PER2, PER3, CRY1, and CLOCK** can influence chronotype (an individual's tendency toward earlier or later sleep-wake timing) and eating patterns. Therefore, biological time may not always correspond to the time displayed on a clock.

**For nutrition professionals,** chrononutrition provides another dimension to meal planning. Along with dietary quality and quantity, meal timing, regularity, sleep patterns, activity, light exposure, and individual chronotype can be considered when designing sustainable dietary patterns.

MEAL TIMING | SLEEP PATTERNS | ACTIVITY | LIGHT EXPOSURE | INDIVIDUAL CHRONOTYPE

**Ultimately,** chrononutrition highlights an important principle: **nutrition is not only about what we eat, but also about when our metabolism receives that nutritional signal.**

RIGHT
TIME
RIGHT
NUTRITION
BRIGHTER
TOMORROW



SCIENCE | NUTRITION | HEALTHY LIVING | A BRIGHTER TOMORROW

# GLP-1 Era Nutrition

## Preventing Muscle Loss During Medical Weight Management



*Sayali Gambhir*
(Faculty - Nutrition)




**GLP-1 medicines have changed the way we approach weight management.** They can help people lose weight by reducing appetite and making them feel full for longer. But losing weight is not only about reducing body fat. It is also important to protect muscle, strength and overall health during the process.

When people eat much less than usual, especially over a longer period, the body may lose some muscle along with fat. This is why nutrition and exercise should remain an important part of any medical weight-management plan.




**Protein plays a key role.** Foods such as eggs, fish, chicken, dairy products, pulses, beans, soy and nuts can help provide the protein needed to maintain muscle. Since GLP-1 medicines may reduce appetite, meals should focus on nutrient-rich foods rather than simply eating smaller amounts of everything.




**Strength training is equally important.** Activities such as weight training, resistance-band exercises, squats and other muscle-strengthening movements give the body a reason to maintain muscle while weight is being lost. Regularmovement also helps improve strength, balance and fitness.




**Vitamins and minerals should not be overlooked.** Eating smaller portions can sometimes mean getting less iron, calcium, vitamin D and other essential nutrients. A varied diet, along with professional guidance when needed, can help prevent nutritional gaps.




**For people using GLP-1 medicines,** the goal should not be to lose as much weight as quickly as possible. The bigger goal is **healthy weight loss while preserving muscle and maintaining strength.**

**As medical weight management continues to evolve,** nutrition, exercise and medical supervision need to work together. After all, successful weight loss should not only change how we look—it should help us feel stronger, healthier and better for the long term and sustainable living.

> *"Successful weight loss should not only change how we look- it should help us feel stronger, healthier and better for the long term and sustainable living"*

# Products & Machines






FEATURED MACHINE

## Dermaluxe Ultra

*15-in-1 HydraFacial System*

- Hydra & diamond dermabrasion
- Oxygen & serum spray peel
- RF skin tightening – mono, bi, tri & multipolar
- Needle-free mesotherapy for face & under-eyes
- RF cautery for skin tags & warts
- Scalp care with red-light hair treatment

3-Year Warranty | Made in India

## Professional *Skincare* Range




### UV-Off

*Sunscreen Gel*

- SPF 60 · PA+++ broad spectrum
- Vitamin C & Ferulic Acid
- Extra lite, glow, soft matt finish




### Moigel

*Moisturizing Gel*

- Lightweight, calming hydration
- Microbiota balance technology
- Hyaluronic acid & Niacinamide




### Moicera

*Facial Barrier Cream*

- Ceramides 1, 2, 3, 4 & 6II
- HMW Hyaluronic acid & Niacinamide
- Instant & long-lasting hydration




### Exne

*Face Wash*

- Gentle · exfoliating · moisturising
- Glow booster daily face wash
- MicroFoam quick-rinse technology



# THANK YOU

**To our students, alumni, faculty, and staff**—your dedication, passion, and creativity are the foundation of our success. You inspire us every day to strive for excellence and innovation in the fields of cosmetology, trichology, and nutrition.

**To our readers and supporters**—your encouragement and belief in our vision fuel our mission to empower individuals with knowledge and skills to achieve their dreams.

This magazine is more than just pages; it is a celebration of our collective achievements, stories, and milestones. Together, we continue to shape the future of beauty and wellness education.

Thank you for being an integral part of the I2CAN family.
We look forward to achieving greater heights together!

*Warm regards,*
***The I2CAN Team***

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