



# EMPOWER

**Health & Aesthetic Institute**

YOUR  
FUTURE  
EMPOWERED

## A MESSAGE FROM THE EMPOWER STAFF



Welcome,

We appreciate your interest in Empower Health & Aesthetic Institute. We welcome you to explore the many courses we offer and learn about an exciting career in medical aesthetics! Choose from certificate courses in laser hair removal; cosmetic injectables such as Botox, Dysport and Dermal fillers; IPL Photofacials, body contouring including Coolsculpting, IR/RF skin tightening and cellulite reduction; and other aesthetic skin treatments.

Our courses are designed for entry level students as well as medical professionals such as physicians, physician assistants, nurse practitioners and nurses. All courses are taught by industry professionals with many years of experience in their specialty area and include didactic and hands on experience. Learning the safety aspects of operating equipment and providing treatments is essential in each course. Read through our offerings and see what differentiates the Empower experience.

Meet industry executives and experts, and manufacturer representatives, and gain valuable knowledge about how to succeed in this growing billion-dollar industry. Learn what will set you apart as a provider and set you up for long-term success!

***The Empower Staff and Faculty***



# ABOUT EMPOWER

Empower Health & Aesthetic Institute was established to provide world class training in skin care aesthetics, cosmetic injectables, Laser Hair Removal, body contouring and other related courses. To be added soon are continuing education courses and other courses within the medical arena such as hormone replacement therapy, weight loss and nutrition, and others.

We are an experienced, passionate group of providers, instructors and staff, committed to excellence in education and training. We have significant experience in all areas of the medical field including equipment and product manufacturing, the practice of medicine, clinic operations, aesthetic treatments and executive management. Most importantly, we take pride in having helped thousands of providers and employees grow their skills. *We know what it takes to help you become successful!*

Our training is conducted in a new state-of-the-art facility in Dallas, Texas. We recognized a need to embrace student achievement and to support our students after they have completed their respective certifications. Whether it be through qualifying for scholarships, securing internships or post-graduation career search support with our partners and affiliates, our commitment does not end when class does!

## ***OUR MISSION***

*Our mission is to provide students with best-in-class training, knowledge, skills, and experience to begin or enhance a career in the growing medical aesthetic industry.*

*We are dedicated to producing graduates that are knowledgeable within the field, and who are committed to a strict code of safe, effective, honest work values and practices that their employers and peers will admire and value.*

# POWER YOUR FUTURE



# WHY US?

6 REASONS WHY EMPOWER  
HEALTH & AESTHETIC  
INSTITUTE IS YOUR  
RIGHT CHOICE





- 1** **LOCALLY OWNED, LOCALLY FOCUSED** – Like you, we are from North Texas. Our sole focus is to help our neighbors in starting or extending their career in aesthetics and health. Being locally focused allows us to build relationships with some of the leading doctors, practitioners, med spas, medical practices, salons and industry experts from North Texas. We like to call this, the **EMPOWER NETWORK**. The Empower Network will allow you to not only get the best education possible, but help you on your career path as well.
- 2** **HANDS-ON EXPERIENCE** – We believe the best way to learn is to have as much hands-on training as possible, under the supervision of a skilled professional. In addition to classroom settings, our students practice their skills on the latest and most sophisticated equipment. After completing your courses, you will have opportunity to come back and use our facilities to brush up on your techniques. Best of all, the Empower Network provides opportunities for internships from leading medical practices, med spas, and salons.
- 3** **FULLY ACCREDITED PROGRAMS** – Our courses are fully accredited by the State of Texas and are taught by leading DFW doctors, aestheticians, nurse practitioners and other certified specialists. We are a full-time training and learning institute.
- 4** **AFFORDABLE** – You are looking to power your future, and that dream shouldn't cost you an arm and a leg. At Empower, our classes are individually priced, so you only pay for exactly what you are looking for. All courses are competitively priced. We also offer scholarships through Empower as well as through local businesses and medical practices in the **EMPOWER NETWORK**.
- 5** **THE EMPOWER COMMUNITY CAREER PLACEMENT** – Leveraging the Empower Network, we have created a community of leading local practices to help you find your ideal job. We frequently receive inquiries from physician clinics, medical spas and salons across North Texas seeking our students. We will also post your resume so that our local network can see our stellar candidates. We have the resources and industry affiliations to assist you with your career search.
- 6** **LIFETIME BELONGING** – As an Empower alumnus, you will always be part of our family. You can come back anytime for consultations and further enhancement of your skills, plus you will always have access to the **EMPOWER NETWORK**.





A professional in a white lab coat, wearing safety goggles and a white face mask, is performing a laser treatment on a patient's face. The professional is wearing black gloves and holding a white and black laser device. The patient is lying down, wearing a grey towel, and has protective eyewear on. The background is a soft, out-of-focus clinical setting. The entire image has a warm, yellowish tint.

AESTHETICS AND  
HEALTH SERVICES IS  
AN EXPLODING  
INDUSTRY, WITH  
GREAT OPPORTUNITIES  
FOR NEW, SKILLED  
PROFESSIONALS.



Arguably the fastest growing segment in the healthcare field is medical aesthetics. This growth is chiefly driven by the increased acceptance of aesthetic treatments among all demographics, and the introduction of safer, more effective non-invasive treatments. Specifically, the field has seen a rising adoption of procedures among men, as well as millennials and younger generations, thanks in part to the Internet, television and social media influencers normalizing aesthetic treatments as a safe and healthy part of self-care.

**Some industry highlights:**



**OVER 5,000**

med spas in the U.S.

**TEXAS**

leads the way as the #1 state.

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**\$13.6 BILLION**

global medical spa market size in 2019. Expected to reach



**\$15.5 BILLION**

in 2021.



**\$4.83 BILLION**

injectable market size in 2019. Will reach

**\$7.71 BILLION**

in the next 6 years.

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Injectable treatments have

**INCREASED 28%**

among 20 to 29-year-olds since 2010, according to the American Society of Plastic surgeons.

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The average annual pay of a Medical Aesthetician in Dallas is

**\$40,000-\$80,000**

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Average Annual pay of a cosmetic injector is from

**\$90,000-\$180,000**



# ADMISSION INFORMATION

Empower Health and Aesthetic Institute will only admit students who have successfully met all the admission requirements and satisfactorily demonstrate they are able to complete the Empower training. For Empower to consider an applicant, they must meet the following admission requirements:

- Be 18 years of age, with valid identification
- Complete the enrollment form for the course requested
- Provide a deposit to secure their attendance in the course or course offered by Empower
- Have a high school diploma, GED, or testing equivalent. As an alternate form of education documentation, applicant may have a certificate/ license or proof of education from a state accredited program or course.
- Be able to speak and understand English
- For cosmetic injectable training only: Be an LVN or higher credentialed nurse, NP, PA or MD

## HOW TO GET STARTED

- 1. Meet with an Admissions Advisor** – The best way to get started and to understand the enrollment process is to speak with one of our Admissions Advisors. Just give them a call at 214-272-0026. Our Admissions Advisor will ask you questions about your career goals and answer any questions you may have about course options.
- 2. Schedule a Tour** – Seeing is believing and getting a private tour of the Empower Aesthetic & Health Institute will allow you to see the actual classrooms and equipment you will be training on. This is a Texas Workforce Commission requirement before enrolling.
- 3. Fill out an Enrollment Form** – Your Admissions Advisor will help guide you through the process of gathering all the information necessary to meet admission requirements and document any prerequisites.
- 4. Select Your Course Dates** – Our class schedule offers multiple dates for each of our courses so you can plan your time accordingly.





40 HOURS

## LASER HAIR REMOVAL APPRENTICE DIDACTIC COURSE

*This course provides extensive training in Laser, Intense Pulsed Light & Radio Frequency techniques that are most commonly used for hair removal procedures.*

### Subject

Anatomy: Hair and Skin
Laser Physics: Tissue Interaction
Laser Safety
Medical Considerations
Technical Considerations: Laser Energy
Medical Considerations: Clients and Colleagues
Total Hours

### Lecture Hours

8
8
8
8
4
4
40

### Course Objectives:

This course is designed to provide students a skilled foundation as an entry-level laser apprentice. At the end of this course, students will know how lasers work and be able to operate laser hair removal equipment safely and accurately. This course will sufficiently prepare students to go on to pursue their 100 hands-on laser hair removal treatments needed for Texas certification in Laser Hair Removal Level 2.

### Prerequisites:

See General Admissions Requirements



## LASER HAIR REMOVAL TECHNICIAN 100 TREATMENT PRACTICUM COURSE

8 HOURS

*This course is two hours of instruction and six hours of labs, provides the student with the 100 Laser Hair Removal hands-on treatments necessary to obtain the next certification level (Laser Technician.) The student will perform these 100 Laser Hair Removal treatments on models provided by Empower, while being supervised by a Certified Senior Laser Technician or Laser Professional as required by The Texas Department of Licensing and Regulation.*

### Course Objectives:

- Instructor Demonstration of Hair Reduction Treatment
- Review Patient Chart and Information
- Prepping of machine and treatment room
- Consultation with client going over pre/post care
- Verify client has reasonable expectations.
- Verify proper consents have been signed
- Prepare Patient for treatment
- Perform treatment

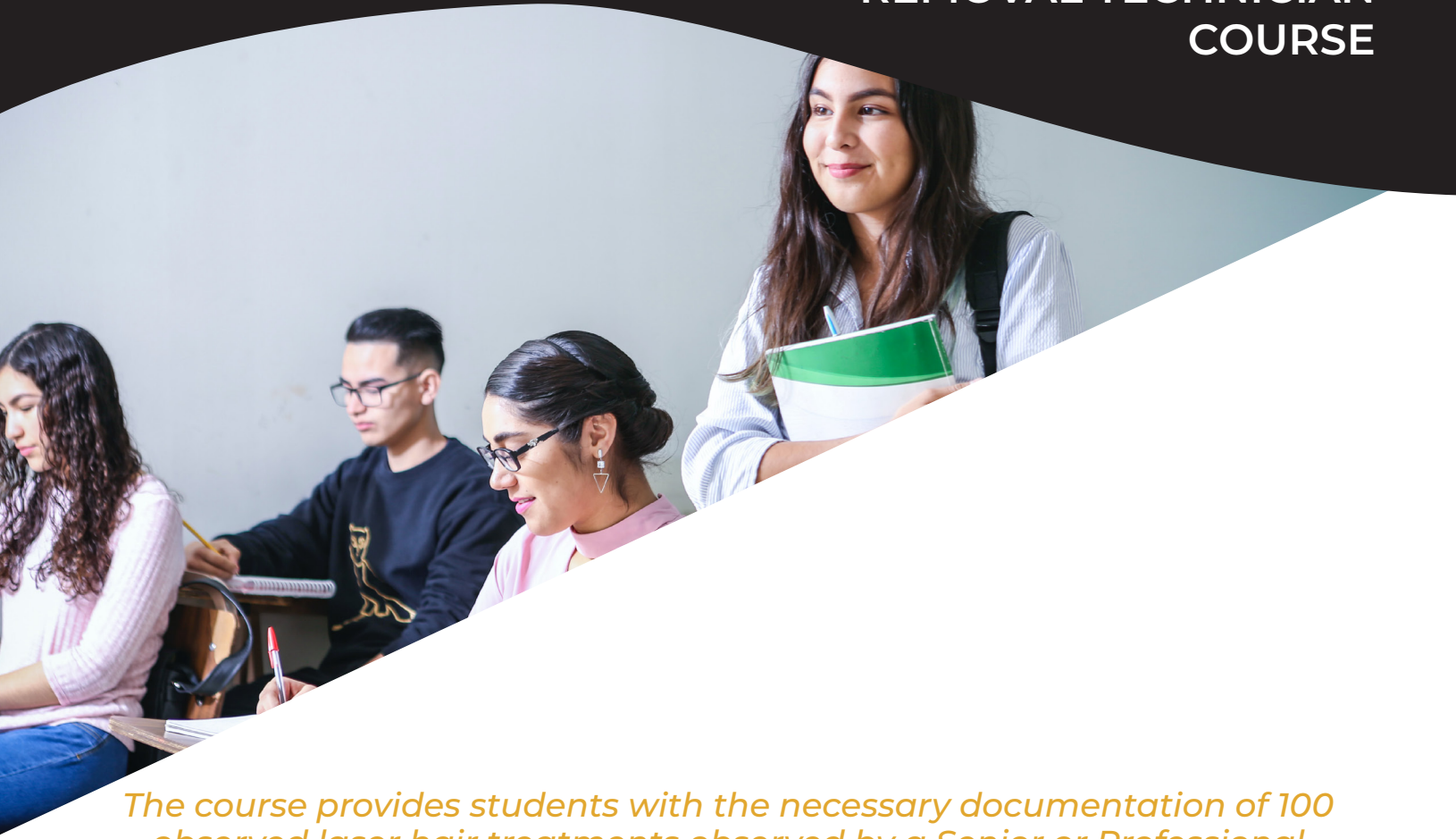
### Prerequisites:

Must have completed Empower Laser Hair Removal Didactic course; or equivalent training that would include 40 hours in the above topics, in accordance with Texas Rule 289.302 "Registration and Radiation Safety Requirements for Use of Laser Hair Removal Devices" from a licensed laser training facility.



8 HOURS

## SENIOR LASER HAIR REMOVAL TECHNICIAN COURSE



*The course provides students with the necessary documentation of 100 observed laser hair treatments observed by a Senior or Professional Level Technician as required by the State of Texas to obtain the next certification level (Senior Laser Technician.) These treatments will be recorded for the student and provided to the student to have the necessary documentation as required by the state to fulfill the application process to the Texas Department of Licensing and Regulation for the Senior Certification.*

### **Course Objectives:**

- Observe a student performing 100 hands-on laser hair removal procedures
- Refresher training in the topics specified in subsection (J)(18)(A) & (B) of Texas Rule 289.302.

### **Prerequisites:**

- Active Laser Technician License issued by the State of Texas
- Driver's License
- Current CPR Certification

## LASER HAIR REMOVAL PROFESSIONAL EXAM COURSE

8 HOURS

*The course will review guidelines, skin reactions, treatment protocols, how to handle emergencies, post exposure protocol, post exposure follow up, assessment of clients pre-existing conditions & current medications, explanation of anesthesia, medical considerations and contraindications, state and federal regulations, hazards, sanitation, and emergency protocols pertaining to hair removal licensure.*

### **Course Objectives:**

- Complete a four-hour refresher lecture on laser hair removal, safety and other related topics
- Pass the onsite proctored professional exam
- Obtain the highest level of Laser Hair Removal certification the State of Texas recognizes.

### **Prerequisites:**

Current Laser Hair Removal Senior Technician License issued by the State of Texas.





48 HOURS

## ADVANCED AESTHETICS COURSE



Students will review material and fundamentals introduced during their previous coursework in Laser Hair Removal Levels 1 – 4, including anatomy and physiology of hair and skin, laser biophysics and tissue interaction, skin reactions and burns. This forty eight hour course will include lecture and some lab work on the following topics:

- Intense Pulsed Light procedures beyond hair removal
- Skin Rejuvenation
- Microneedling
- Hydrafacial
- Chemical Peels
- Fibroblast Therapy
- Body Contouring
- Fractional Skin Rejuvenation and Resurfacing
- Vein Therapies
- Tattoo Removal

### **Prerequisites:**

Must have completed Empower Laser Hair Removal Didactic course; or equivalent training that would include 40 hours in the included topics, according to Texas Rule 289.302 “Registration and Radiation Safety Requirements for Use of Laser Hair Removal Devices” from a licensed laser training facility.

## MEDICAL GRADE CHEMICAL PEELS AND BODY CONTOURING

### **Medical Grade Chemical Peels Course - 4 HOURS**

The four-hour Medical Grade Chemical Peels Course provides students informational and hands-on training on chemical peel treatment guidelines and technique.

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### **Body Contouring Course - 16 HOURS**

The sixteen-hour Body Contouring Course provides students informational and hands-on training on treatment guidelines and technique.

#### **Prerequisites:**

Current Medical Professional License, MD, DO, PA, NP, RN, LVN, Current Certification for Aesthetician and/or Laser Technician (There are no Admission Requirements for students who wish to enroll in the Body Contouring Course.)

We prefer that each student bring one model for each Course, however more may be necessary. Empower may also provide models.





## MICRONEEDLING, HYDRAFACIAL & FIBROBLAST

*All Microneedling, Hydrafacial, Fibroblast, Medical Grade Chemical Peels, and Body Contouring Courses include training on the following topics:*

*Skin anatomy, skin reactions, treatment protocols, how to handle emergencies, post exposure protocol, post exposure follow up, assessment of clients pre-existing conditions & current medications, medical considerations and contraindications, state and federal regulations, hazards, sanitation, and emergency protocols, treatment guidelines and techniques.*

### **Microneedling Course - 4 HOURS**

The four-hour Microneedling Course provides students informational and hands-on training on Microneedling treatment guidelines and technique.

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### **HydraFacial Course - 3 HOURS**

The three-hour HydraFacial Course provides students informational and hands-on training on HydraFacial treatment guidelines and technique.

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### **Fibroblast Course - 6 HOURS**

The six-hour Fibroblast Course provides students informational and hands-on training on Fibroblast treatment guidelines and technique.





## MEDICAL PROFESSIONAL & DELEGATE BASIC NEUROTOXIN COURSE - 8 HOURS

The six-hour Medical Professional & Delegate Basic Neurotoxin Course provides medical professionals and Delegates both informational and hands-on training with various forms of aesthetic Neurotoxin injectable procedures. A Neurotoxin is utilized to inhibit muscle movement to reduce lines and wrinkles for general skin rejuvenation. Course curriculum is designed to provide students with appropriate training and basic knowledge on injectable guidelines to supplement their existing knowledge. Treatment Areas covered in the basic course will be outer eye, glabella and forehead.

Main skills to be learned:

- Apply concepts and working knowledge regarding the pharmacology of cosmetic injectable, action, duration, side effects, adverse effects, adverse reactions, contraindications, indications and dosing
- Treatment Areas in the basic course will be Crows Feet, Glabella, Forehead
- Proper assessment techniques
- Facial Anatomy
  - Musculature
  - Vascularity
- Treatment and Aftercare
- Syringe options (and reconstitution guidance)

## MEDICAL PROFESSIONAL & DELEGATE BASIC FILLER COURSE - 8 HOURS

The Medical Professional & Delegate Basic Filler Course provides medical professionals & delegates both informational and hands-on training with various forms of aesthetic hyaluronic acid injectable filler procedures. Hyaluronic Acid is used to add volume to soft tissue which assist with the enhancement of the lip enhancement, perioral lines, nasolabial folds and numerous other indicated areas. Course curriculum is designed to provide students with appropriate training on injectable guidelines to supplement their existing knowledge.

For the Basic Neurotoxin and Basic Filler Courses, the main skills to be learned are:

- Apply concepts and working knowledge regarding the pharmacology of cosmetic injectable action, duration, side effects, adverse effects, adverse reactions, contraindications, indications, dosing
- Proper assessment techniques
- Facial anatomy musculature
- Vascularity
- Treatment and aftercare

### **Prerequisites:**

Current Medical Professional License: MD, DO, PA, NP, RN, or LVN



## MEDICAL PROFESSIONAL & DELEGATE ADVANCED NEUROTOXIN COURSE - 8 HOURS

The six-hour Medical Professional & Delegate Advanced Neurotoxin Course provides medical professionals both informational and hands-on training with various forms of aesthetic injectable procedures. A Neurotoxin is utilized to inhibit muscle movement to reduce line and wrinkles for general skin rejuvenation. The Advanced Course curriculum is designed to provide students with appropriate advanced training on injectable guidelines to supplement their existing knowledge. This course will introduce students to additional types of injecting techniques using various types of needles as well as injecting more complex areas of the face.

Advanced Neurotoxin skills to be learned are:

- Upper-level Advanced clinical injectable techniques such as lips, chin, platysmal bands, masseter, etc.
- Facial contouring, with an introduction to more complex techniques to assist with symmetry of the face
- Neurotoxin uses for Hyperhidrosis
- Contraindications against administration
- Proper assessment techniques
- Pre and post procedure instruction for Injector and client
- Adverse reaction responses







## MEDICAL PROFESSIONAL & DELEGATE ADVANCED FILLER COURSE - 8 HOURS

The six-hour Medical Professional & Delegate Advanced Filler Course provides medical professionals informational and hands-on training with various forms of aesthetic hyaluronic acid injectable filler procedures. Hyaluronic Acid is used to add volume to soft tissue to assist with the enhancement of different areas of the face and body. This Advanced Course will take the students deeper into more Advanced area of injection sites. Course curriculum is designed to provide students with appropriate training on injectable guidelines to supplement their existing knowledge.

Advanced Filler skills to be learned are:

- Review Facial Anatomy and understand vectors of pull in facial anatomy
- Review reconstitution
- Treatments for perioral rhytides (lipstick lines, sunbeam or smokers' wrinkles), injections around and under the eyes, melomental folds, upper lip and chin, and neck rejuvenation
- Various techniques for facial anesthesia and facial sculpting
- Facial contouring, with an introduction to more complex techniques to assist by volumizing and symmetry of the face
- Contraindications against administration
- Proper assessment techniques
- Pre and post procedure instruction for Injector and client
- Adverse reaction responses

**Prerequisites for both Advanced Neurotoxin and Advanced Filler courses are:**

- Certificate of completion from a basic Neurotoxin and Basic Filler training course within 1 year
- At least 6 months practical experience with relevant products
- Current Medical Professional License, MD, DO, PA, NP, RN, LVN

6 HOURS

## MEDICAL PROFESSIONAL & DELEGATE SCLEROTHERAPY COURSE



*The six-hour Medical Professional & Delegate Sclerotherapy Course provides students informational and hands-on training with a solution injection to assist with the treatment of varicose and/spider veins. Course curriculum is designed to provide students with appropriate training on Sclerotherapy injectable vascular guidelines to supplement their existing knowledge.*

### **Course Objectives:**

Sclerotherapy injectable vascular guidelines, skin reactions, treatment protocols, how to handle emergencies, post exposure protocol, post exposure follow up, assessment of clients pre-existing conditions & current medications, explanation of anesthesia, medical considerations and contraindications, state and federal regulations, hazards, sanitation and emergency protocols.

### **Prerequisites:**

Current Medical Professional License, MD, DO, PA, NP, RN or LVN

We ask that each student bring (1) model. Other models may be provided by Empower.

## TEXAS COMPLIANCE COURSE

*This four-hour course provides attendees with the knowledge necessary to implement compliance with Department of State and Health Services as well as the Texas Medical Board Rule 193.17 Section 8 (A) – (F). At the end of this course, students will be equipped to lead existing and future businesses through the legal compliance and registration process.*

### **Course Objectives:**

- Review relevant Texas Medical Board Rules
- Understand types of facilities that are covered
- Discuss TDLR Laser Hair Registration process, including paperwork, audits, and requirements for medical directors
- Identify the registrations needed for students' respective facilities

### **Prerequisites:**

Attendees for this course must be business owners, managers of aesthetic practices, aestheticians, laser license holders, doctors, nurses, and/or employees of an aesthetic practice.





POWER YOUR  
FUTURE. GET  
STARTED  
TODAY!







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