



## **Course Outline**

### **Online International Training Course via Zoom Meeting**

**1. Course Title:**

Advanced in Beauty Technology: Thai Spa and Aesthetic Product

**2. Duration:**

1-18 June 2022 (16 Days)

**3. Background and Rational:**

**TICA: Thailand International Cooperation Agency**

TICA is a national focal point for Thailand's international development cooperation. TICA was established in 2004 to realize Thailand's aspiration to be a contributor of development cooperation. Believing that global challenges are best addressed by international cooperation and global partnership, today we continue to strengthen our contribution to achieve global development agenda through various capacity-building and human resources development programmes. In response to the recent changes in the global landscape of development cooperation, especially through the concept of South-South and Triangular Cooperation, TICA continues to realign our focuses in order to deliver Thailand's commitment to be a relevant partner in global agendas including the 2030 Agenda for Sustainable Development.

**Organization/Institution**

Human and beauty are inseparable, people strive to live longer, healthier and more beautiful every day and that is what many academic professionals try to achieve through their researches. Therefore, many new developments and technologies in cosmetic and health have emerged during these years to serve the needs. Asia is rich in term of natural resources and has a long story about traditional medicine. With this following areas; Herbal Plant Diversity and Oriental Aesthetic Techniques, Thailand is the best choice for constructing the strongest integration in natural resources and technology for the development in beauty and



wellness. The Spa industry is growing worldwide and Thailand is one of the countries that leads. The Thai government policy since 2004 has been to promote Thailand as the medical hub and spa capital of Asia. Today, it's clear that Thailand reaches her objectives.

Founded in 2005 on the initiative and financing of the Royal Thai Government, the School of Cosmetic Science, Mae Fah Luang University, is the first academic institute with the established aim to fulfill the needs of the large population of cosmetic and beauty professionals in Thailand and Asia. The school enables students to learn the fundamental sciences and become acquainted with the latest advances in cosmetic science. The school also focuses on the specialist needs of the beauty industry with the knowledge background and professional skills in beauty technology.

As a matter of fact that strengthening of science and technology capability of Thailand has been identified as one way to increase the nation's economic growth and sustainability. This requires structure and continuous cooperation to develop and make the best use of natural resources and achieve maximum investment efficiency.

In order to achieve this aim, the School of Cosmetic Science establishes and encourages the integration in natural resources, Thai traditional remedies and technologies in order to create innovations throughout education strategy and research development. In cosmetic science, many researches involving natural products such as tea oil and rice stem cell have won many prizes both national and international competitions. The patents of these innovations were also bought by well-known cosmetic company. The students of our school also have won the 1st prize in Beauty Therapy in "WorldSkills ASEAN" for 3 consecutive years and will be the representative of Thailand to compete in world championship this year. It is obvious that the school of cosmetic science is one of the leader in cosmetic and beauty education in Asia and worldwide.

According to our professional in both cosmetic and beauty technology, the school is prompt to provide a short course in "Advanced in beauty technology: Thai spa and aesthetic product". The short program will provide an appropriate blend of fundamental understanding and application in cosmetic, Thai spa and oriental wisdom. It is designed to cover all phases of Thai spa and aesthetic product including a basic understanding of anatomy and physiology, ingredients and formulation of cosmetic and spa products. In addition, the course will also emphasize on marketing and management of Thai spa to enable students to



broaden their skills. Teaching and learning will take place through formal lectures, assignment and group discussions.

This short course will bring students the opportunities to exchange information and experience, as well as to gain new knowledge through educational sessions, focusing on trend and innovation in Thai spa and aesthetic product, combined with basic knowledge that easy to follow.

The school hopes that this short course will be an impetus for further development of spa and cosmetic industry in student country. This will lead to the creation of innovations in beauty and wellness, resulting in the increase of natural resource and herb value. This will drive the sustainable economic development in the country and region and provide the new arbiter of national competitiveness.

#### **4. Objectives:**

The program is designed to:

- To provide the knowledge in the fundamental principles and application in Thai spa and aesthetic product.
- To give the proven strategies for success from Thai spa leaders.
- To offer an opportunity to network with organizations and people that value quality beauty and wellness information as well as effective integrated system solutions. It also includes the latest developments from those in the forefront of beauty and wellness technology as well as excellent speakers on health research and alternative health.
- To create an information platform on spa and cosmetic to support and sustain awareness for beauty innovation as a continuing process.

#### **5. Course Contents:**

Two module will take place as part of the course.

##### **Module 1: Aesthetic product**

Topics are as follow;

- Anatomy and physiology of the skin and olfactory system
- Anti-aging principle
- Antioxidant principle
- Herb for health and aesthetic
- Ingredients used in aromatherapy and spa products
- Dosage Forms of aromatherapy and spa products
- Formulation of aromatherapy and spa products

- Evaluation of aromatherapy and spa products
- Trends and technologies in aromatherapy and spa products

### **Module 2: Thai spa**

Topics are as follow;

- Orientation to spa services
- Aromatherapy
- Body Treatment including Thai traditional therapeutic massage (Nuad Thai)
- Facial Treatment
- Other therapy and Thai treatment
- Spa business and management

### **6. Participants Criteria:**

Applicants must fulfill the following requirement:

- Be nominated by their respective government;
- Education: preference is given to candidates with educational background equivalent to a bachelor degree of University/Technical College, preferably with B.Sc. level degree on science, pharmacy as well as candidates with related work experience in spa or beauty industry;
- Language: proficiency in English (speaking, reading and writing)

### **7. Attendance and Evaluation**

Participants who completed the online training will receive E-certificate base on:

- Real time Online Class (not less than 80%)
- Online class participation and discussion
- Online presentation and report
- Online evaluation

### **8. Venue:**

Online via Zoom Meeting

### **9. Expected Results:**

This short course will assert that the key to competitiveness in a globalized knowledge economy is to strengthen the participants with knowledge flows through development and innovation, which as important components to create new value. Project and group assignment will respond to this principle.

#### **9.1 Final Project Assignment**



The project should contain historical background from participant country on the subject related to the training course, existing problem and laws and regulations concerning to the subject and possible application of the knowledge and experiences gained upon returning to their respective countries.

### **9.2 Group Assignment**

This course want to develop complementary skills related to spa management via their possible involvement in the organization of network activities and other aspect including group assignment for proposal writing in spa start-up or other business related beauty and wellness.

## **10. Advances Assignments: Country Report**

Participants are required to submit a country report pertaining to the spa and cosmetic as well as traditional herb and natural products used in beauty and wellness in their respective countries. The report should be approximately 10 pages of A4 size paper.

## **11. Organization/ Institution:**

### **▪ Implementing Agency:**

The School of Cosmetic Science, Mae Fah Luang University

### **▪ Contact Person:**

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## **12. Expenditure/Funding:**

Thailand International Cooperation Agency (TICA)

Government Complex, Building B (South Zone), 8th Floor,

Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND

Website: <https://tica-thaigov.mfa.go.th/en/index>

Email: [aitc@mfa.mail.go.th](mailto:aitc@mfa.mail.go.th)

**Schedule for the Online Training Programme:**  
**Advanced in Beauty Technology: Thai Spa and Aesthetic Product**  
**1-18 June 2022**

Date /Topic	Time (Thailand time)	Content	Speaker	Note
<b>Day 1 (01.06.22):</b>				
	08.30-09.00	Opening ceremony		
	09.00-12.00	-Thai spa and aesthetic product overview		
	13.00-16.00	-Country report and problem		
<b>Day 2 (02.06.22):</b>				
	09.00-12.00	-Anatomy and physiology of the skin		
	13.00-16.00	-Olfactory system		
<b>Day 3 (03.06.22):</b>				
	09.00-12.00	-Anti-aging principle		
	13.00-16.00			
<b>Day 4 (04.06.22):</b>				
	09.00-12.00	-Antioxidant principle		
	13.00-16.00			
<b>Day 5 (06.06.22):</b>				
	09.00-12.00	-Herb for health and aesthetic		
	13.00-16.00			
<b>Day 6 (07.06.22):</b>				
	09.00-12.00	-Ingredients used in aromatherapy and spa		
	13.00-16.00	products		
<b>Day 7 (08.06.22):</b>				
	09.00-12.00	-Dosage Forms of aromatherapy and spa		
	13.00-16.00	products		
<b>Day 8 (09.06.22):</b>				

	09.00-12.00 13.00-16.00	-Formulation of aromatherapy and spa products		
<b>Day 9 (10.06.22):</b>				
	09.00-12.00 13.00-16.00	-Evaluation of aromatherapy and spa products		
<b>Day 10 (11.06.22):</b>				
	09.00-12.00 13.00-16.00	-Trends and technologies in aromatherapy and spa products		
<b>Day 11 (13.06.22):</b>				
	09.00-12.00 13.00-16.00	-Orientation to spa services -Aromatherapy		
<b>Day 12 (14.06.22):</b>				
	09.00-12.00 13.00-16.00	-Body Treatment including Thai traditional therapeutic massage (Nuad Thai)		
<b>Day 13 (15.06.22):</b>				
	09.00-12.00 13.00-16.00	-Facial Treatment		
<b>Day 14 (16.06.22):</b>				
	09.00-12.00 13.00-16.00	-Other therapy and Thai treatment		
<b>Day 15 (17.06.22):</b>				
	09.00-12.00 13.00-16.00	-Spa business and management		
<b>Day 16 (18.06.22):</b>				
	09.00-12.00 13.00-16.00	-Spa business and management -Final project		
	16.00-16.30	-Closing ceremony		