

Syrena Aesthetics Academy

CERTIFIED COURSE In DIET & NUTRITION

Dr Arti

NDDY | MIC | PMU TRAINER
Dietician | Nutritionist
Founder & Managing director
Syrena Aesthetics



COURSE CONTENT

- Pcos | Pcod
 - Thyroid
 - Hormone of Cortisol
 - Carbohydrates
 - Pro-biotics
 - Fats
 - Vitamins
 - Minerals
 - Dietary Fiber
 - Micro & Macro nutrients
 - Soluble Water
 - Healthy eating
 - Cooking Method
- Principle of Nutrition
 - Environmental Studies
 - Quality of food resource
 - Physical resources
 - Food service management
 - Food quality control
 - Food precautions
 - Anti-oxidants
 - Supplements
 - BMI | BMR
 - Caffeine | Tea | Herbal
 - Meal Planning
 - Food Safety



OTHER COURSES

- Diploma in Cosmetology
- Diploma in Micropigmentation
- Certificate Course in Plasma Pen
- Fellowship Course in Permanent Makeup & Cosmetology

WHY US ?

OUR COURSES DO NOT BIND PEOPLE TO COME TO US, BUT WE GO TO THEIR CITIES AND HOMETOWNS AND SET UP COMPLETE TRAINING TO TEACH THEM ALL THEY REQUIRE TO BECOME A WELL-VERSED TALENT THAT REQUIRED NO HAND-HOLDING.

WE DO IT BY ENABLING THEM TO LEARN FROM THE EYES THROUGH OUR LIVE DEMONSTRATIONS, PHOTOGRAPHS, INSTRUCTION VIDEOS, AND FINALLY, BY HAND TO ABSORB THE TECHNIQUES THAT CAN ONLY BE ACQUIRED THROUGH EXPERIENCE AND LOTS OF TRIALS & ERRORS; WE PREEMPTIVELY CORRECT EVERYTHING TO LEAVE NO ROOM FOR ERRORS.

OUR COURSE TAKES US TO MULTIPLE CITIES EACH YEAR. ANNUALLY, SYRENA AESTHETICS HOLDS OVER MANY COURSE.

LOCATION:

Head Office: SCO NO. 218 | 219, 2nd floor Jubilee Walk, Mohali Punjab



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