

# SKIN LONGEVITY – BASE I

Building the Foundations of Modern Skin Longevity

June 12–13 | ATTC Aesthetics Academy | Athens, Greece

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**Skin Longevity – Base I** is a foundational program designed for physicians who want to understand and apply modern approaches to skin quality treatments, regenerative injectables, and energy-based technologies. Through a combination of lectures, hands-on workshops, and live treatment demonstrations, participants will develop the ability to assess skin health, understand the mechanisms of dermal aging, and apply structured treatment strategies that integrate energy-based resurfacing, biostimulation, and skin quality therapies to achieve long-term aesthetic outcomes.

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**ATTC**  
AESTHETICS  
ACADEMY

**09:30 – 09:50**

## **Opening Framework**

Surface → Structure: Understanding Treatment Sequencing

## **CO<sub>2</sub> LASER | FRACTIONAL RESURFACING**

### **09:50 – 10:20 | Clinical Principles**

- Indications and patient selection
- Energy settings and depth control
- Safety considerations and risk management

### **10:20 – 11:30 | Hands-On Session**

11:30 – 11:45 | Coffee Break

## **DERMAPEN | REGENERATIVE MICRONEEDLING**

### **11:45 – 12:15 | Clinical Principles**

- Depth selection and treatment parameters
- Laser vs. microneedling: clinical decision-making
- Combination treatment strategies

### **12:15 – 13:30 | Hands-On Session**

13:30 – 14:30 | Lunch Break

## **SKIN QUALITY ARCHITECTURE**

### **14:30 – 15:00 | Foundations of Skin Quality**

- Clinical parameters of dermal integrity
- Elasticity, density, and hydration balance
- Positioning of regenerative therapies within skin longevity protocols

### **Injectable Skin Quality Strategies**

### **15:00 – 16:00 | Polynucleotides | Skinboosters | Micro-HA Technologies**

- Cellular repair and fibroblast activation
- Dermal hydration and tissue quality improvement
- Micro-HA refinement techniques
- Indication-based treatment selection
- Layer precision and protocol design

### **Live Injection Workshop**

### **16:00 – 17:30 | Hands-on rotations:**

- Polynucleotides
- Skinboosters
- Micro-HA skin quality treatments

**17:30 | End of Day 1**

**09:30 – 09:45**

**Clinical Recap | Energy → Biostimulation → Skin Quality**

## **Biostimulation Science**

**09:45 – 10:15**

- Collagen regeneration pathways
- Timing of biostimulation after energy-based treatments
- When to stimulate vs when to volumize

## **Hybrid CaHA-Based Structural Biostimulation**

**10:15 – 10:45 | Clinical Framework**

- Patient selection
- Vector-based treatment design

**10:45 – 12:00 | Hands-On Session**

12:00 – 12:15 | Coffee Break

## **Poly-L-Lactic Acid (PLLA) | Strategic Collagen Induction**

**12:15 – 12:45 | Clinical Framework**

- Dilution strategies
- Injection mapping
- Safety considerations

**12:45 – 14:15 | Hands-On Session**

14:15 – 15:00 | Lunch Break

## **FINAL SESSION | Clinical Protocol Design**

**15:00 – 17:00 | Designing Age-Specific Skin Longevity Protocols**

An interactive discussion on how to structure treatment strategies across different stages of aging using a sequential clinical framework.

### **Clinical Scenarios**

#### **Late 30s | Early Structural Shift**

Prevention strategies, early biostimulation, and maintenance of skin quality.

#### **Mid-40s | Tissue Descent & Structural Change**

Combining biostimulation and skin quality treatments while preserving natural facial dynamics.

#### **55+ | Dermal Thinning & Structural Fatigue**

Regenerative approaches, collagen rebuilding, and treatment sequencing for fragile tissues.

Clinical Framework | Energy → Biostimulation → Skin Quality

**17:00 | Closing Remarks & Certificate Distribution**