



Taime Out Sculpting Institute Academic Program Review Previous Years

Admissions Department of Educational Affairs



TOSI
UNIVERSITY

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Welcome Taime Out Sculpting Institute

Welcome to the Taime Out Sculpting Institute Course Catalog, where innovation meets education in the field of Body Altering Aesthetics. Our catalog showcases a curated selection of courses inspired by the acclaimed programs at TOSI University. At the forefront of sculpting and aesthetic practices, our institute offers an array of transformative courses designed to empower aspiring professionals in the rapidly evolving world of aesthetic enhancements.

Dive into our comprehensive curriculum featuring specialized programs such as "Sculpting Techniques & Artistry," where students master the intricate skills of body contouring and artistic sculpting. Explore the nuances of "Advanced Dermal Filler Applications," delving into cutting-edge techniques for facial rejuvenation. Elevate your expertise with "Aesthetics Business Strategies," a course tailored to equip entrepreneurs with the knowledge to thrive in the competitive aesthetic industry.

Taime Out Sculpting Institute is committed to providing an unparalleled educational experience, blending theoretical knowledge with practical skills. Our courses are crafted to inspire creativity, instill confidence, and prepare individuals for success in the dynamic world of body sculpting. Discover your potential and embark on a transformative journey with our industry-leading courses at Taime Out Sculpting Institute.

Taime Out Sculpting Institute

Taime Out Sculpting Institute exemplifies a commitment to excellence, fostering a learning environment that combines theoretical knowledge with hands-on experience. Explore our programs, discover your passion, and embark on a journey of sculpting mastery with Taime Out – where education meets innovation in the world of Body Altering Aesthetics.

The TOSI Arise Program

The TOSI Arise Program displayed Phase 1: Lectures, and Phase 2: Clinical Labs. The TOSI Arise program is made up of our Phase 1 Didactic Lecture— a 20hr program of your chosen educational track. Every educational track has 3 lectures to it: Intro, Intermediate, and Advanced.

You **ONLY** have to take the Introduction lecture + 1 lab for your chosen academia training program; however, as you want to do more, learn more, and move further into the CSL Therapy industry, you will need to build upon the foundational platform established here. As you wish to be able to have better CSL Therapy quipping conversations, you may opt to take the Intermediate and Advanced lectures.

We advise you to take **ONE** lecture at a time. Although you may opt to purchase them at the same time to save money, it's ideal to focus on one lecture before moving on to another as most TOSI Programs are built upon each other. If you have an interest in both, select one... attend a lab... and *then* start your next lecture. Lectures are fully online. If you have any questions, you'll be able to hop on a call with a trainer.

After taking your initial Lecture(s), you will journey to one of our Clinical Lab locations for your hands-on in person Training Lab for Phase 2. Here, you will expand upon your knowledge perfecting hand sculpting techniques, device knowledge, flow around a table, draping, and breath control. You will also learn TOSI Body Braille & Protocol Building.

After your first time attending a TOSI Hands-on Clinical Lab, you are a forever alum of the Taime Out Sculpting Institute. All alum's are invited to a 75% off tuition for every future lab they want to attend in any state, city or country (we plan on opening our first International School in a few years!). Attended a TOSI LAB before and want a refresher? It's 75% off!

The TOSI Method

The TOSI Method emerges as a pioneering force within the Body Altering Aesthetics industry, holding the prestigious recognition of being a CSL Therapy Organization Sanctioned Method. This proprietary approach, meticulously crafted and safeguarded by trademark and patent, stands as a structured and innovative system for evaluating a client's post-plastic surgery presentation. Offering a departure from conventional practices, the TOSI Method empowers providers to tailor treatment plans with unparalleled precision, drawing insights directly from the client's real-time bodily manifestations.

At the core of the TOSI Method lies a dynamic equation that serves as the linchpin, enabling the seamless integration of an array of tools, cutting-edge equipment, and specialized machines. Complementing these technological facets are patented hand techniques, strategically employed to break down tissue and expeditiously guide cellular waste through the intricacies of a client's lymphatic system. The TOSI Method's distinction is not merely confined to post-surgical scenarios; it extends to nonsurgical transformations, offering a comprehensive solution marked by efficiency, minimal discomfort, and unwavering consistency.

Celebrated as the epitome of a systematic approach, the TOSI Method has garnered acclaim for its efficacy in helping clients attain their desired body goals swiftly and effectively. Whether navigating the aftermath of surgical procedures or embarking on nonsurgical transformations, the method stands as a beacon of excellence, fostering optimal outcomes in the realm of Body Altering Aesthetics.

Intro To PostOp-Indur

These courses will allow you to gain the knowledge, experience, and concept based wisdom to help clients return to homeostasis after Plastic Surgery procedures. You will learn proper nomenclature, establish improved ways of seeing anatomy & physiology, and gain confidence to build protocols around client body presentations with ease. These lectures hail from Caribbean based modalities merged with science, research, and lymphatic educational platforms to provide a modern robust scholarly program. These courses are only 20% device based— encouraging students to connect with their client's bodies on a natural level, with 80% hand technique inclusion of over 300 contouring skills from our TOSI Hand Techniques Database. Lectures include marketing campaigns, insurance directives, quizzes, unlimited access to courses, and continued student support. These classes are the precursor for Phase 2 Clinical Labs.

Class Prerequisite:

- Medical background (LMT, ET, Nurse, Phlebotomist, Dermatologist)
- Lymphatic massage course

Cost of full training: \$5500 (financing available)

Training Description:

This program includes 1 Didactic Lecture that teaches the core fundamentals to provide care for post elective surgery clients. After completing your Lecture, you will attend an in person hands-on two day Clinical Lab at one of our two locations: Atlanta or Maryland

What you get with this training program:

Didactic CSL Therapy PostOp Lecture
PhD style workbook
2 day Clinical Lab
National Directory listing
Certification
Discount on Intermediate Course
TOSI Shirt (given at Lab)
30 MIN Free business blueprint call

Intro To Body Contouring

Body Contouring treatments are provided to clients that have never had surgery before, OR after clients have healed from their Plastic Surgery procedures. These courses will allow you to gain the knowledge, experience, and concept based wisdom to use noninvasive bioengineering techniques to help clients achieve desired body goals. You will learn proper nomenclature, establish improved ways of seeing anatomy & physiology, and gain confidence to build protocols around client body presentations with ease. These courses are 80% device based, with 20% hand technique inclusion of over 300 contouring skills from our TOSI Hand Techniques Database. Lectures include marketing campaigns, insurance directives, quizzes, unlimited access to courses, and continued student support. These classes are the precursor for Phase 2 Clinical Labs.

Class Prerequisite:

- None

Cost of full training: \$5300 (financing available)

Training Description:

This program includes 1 Didactic Lecture. This course teaches the base fundamentals to provide non invasive Body Contouring (BC) treatments and services to clients. After completing your Lecture, you will attend an in person two day hands-on Clinical Lab at one of our two locations: Atlanta or Maryland.

During your lab you will start to learn the difference between BC on clients who have never had surgery, & those that have had some work done.

What you get with this training program:

- Didactic CSL Therapy Body Contouring Lecture
- PhD style workbook
- 2 day Clinical Lab
- National Directory listing
- Certification
- Discount on Intermediate Course
- TOSI Shirt (given at Lab)
- 30 MIN Free business blueprint call

Intermediate PostOp-Indur

- This Seminar is the second installment of the Post Operative Massage Series and is a continuation of the foundational techniques and information learned in the Intro to Post operative Massage Seminar.
- The prerequisite to this course is Introduction to Post Operative Massage

Course Access:

Purchase of this course grants you unlimited access to the program and its associated materials.

The Investment:

General Enrollment: \$1,800.00

Curriculum:

- Core foundational CSL Therapy modalities
- Macro Anatomy and Physiology of the trunk
- Intensive skin layer assessments
- Macro and micro anatomy cognition
- Comprehensive physiology of post-surgical fluid
- Trauma Tissue responses
- Cellular mmHG fluctuations
- Diaphragmatic deep breathing
- Reabsorption & Dimpling
- Exploring collagen and fibrin fibers
- Chronic holding patterns
- Naturopathic organ detox
- Advanced Sx phases training
- Unlocking the lymphatic system
- Body braille: 13 factor client assessment
- Intermediate PostOp tools & hand techniques
- Microfinite Kinesiology infusions
- Tools & machines to never use on a postOp-indur client

- TOSI Shapes: circles & triangles expanded
- Intermediate therapist body mechanics
- PostOp Game Planning
- Tips, tricks, & client accountability'ing
- Identifying counterproductive client behavior
- Intermediate Protocol building
- Review of The TOSI Method
- Mentality shift: treat the person not the condition
- Pre-session treatment planning
- Blurred lines: when to introduce body contouring
- Manipulating loose skin
- Yessotherapy training
- Expanded vendors & inventory lists
- Plastic surgery pathology & complicated case studies
- Intermediate PostOp complications training
- Treating fibrosis
- PostOp Supplements review
- Theory & theology: When to vary a session
- Analyzing treatment resistance
- Imposter Syndrome
- PostOp Best Business Practices
- What to expect when Sx'ing: week 1-8
- How lifestyle affects healing rate
- Faja University unlocked
- Graduate of Fajas: compression training
- How to communicate with clients before, during, & after their appts
- Intermediate Marketing & Advertising
- Client follow up and retention programs
- Social media business campaigns
- Navigating the online surgery community
- Intellectual calendar & posting schedules
- Networking with ancillary professionals
- Extended industry Apps
- Dealing with unhappy clients
- Developing an SOP based company manual

Intermediate Body Contouring

Course Description:

- This Seminar is the second installment of the Post Operative Massage Series and is a continuation of the foundational techniques and information learned in the Intro to Post operative Massage Seminar.
- The prerequisite to this course is Introduction to Post Operative Massage

Course Access:

Purchase of this course grants you unlimited access to the program and its associated materials.

The Investment:

General Enrollment: \$1,600.00

Curriculum:

- The continued evolution of Body Contouring
- Desired body types and evolution of beauty standards over the yrs
- The lymphatic system and trauma
- Assessing visceral vs subcutaneous fat
- Evolved contraindications and pathologies specific to Body Contouring massage & how to massage each according to their pathology
- Body contouring lyposage
- Best Compression brands
- Intermediate supplemental materials/tools
- Intermediate machines of Body Contouring & execution times
- Body mechanic pivoting & flow
- Body contouring SOP
- Covid protocols
- Client lifestyle shift planning
- At home client care & self contouring treatment tutorials
- Body Wraps
- Intermediate TOSI hand techniques & intention

- Protocol building
- Working on appendages apart from the torso: arms, legs, chin, glutes
- The why (psychology to Body contouring)
- Protocol worksheets for practice
- Supplements & Detoxes
- Dry brush routines
- Disposing of biohazards
- Local & national travel life
- How to price services appropriately
- Package examples
- Sales, specials, & How to Schedule
- Client follow up and retention programs
- Maintenance appointments
- Branding
- Setting personal/professional boundaries
- Social media marketing
- Examples of Legal documents
- Building a team
- Employees vs contractors

Clinical Lab

The Hands-On Clinical Lab portion of our CSL Therapy entrepreneurial journey is the next step after taking the Didactic Lectures. While they can be taken out of order (this will be changing in the future) to accommodate your schedule or travel plans, the Labs are taught in a way to compliment the information in the lecture.

We have two options for you to start your Hands-On Clinical Lab experience— in person, or online. If you are based in America, it is encouraged for you to come to an in-person course after taking the didactic lectures. The Virtual Immersion Replay, while available, is our immediate solution for our abroad and International Students. Stateside students are encouraged to select an in-person Lab location.

Dollmaker Society Business Academy

Our academy is designed to provide aspiring and established beauty business owners with the tools and knowledge they need to thrive in the rapidly evolving world of medical beauty.

Our academy offers two main programs: **Mini Masterclasses** and **“The Dollmaker Society”**.

Comparing The Two Academy Programs

Our Mini Masterclasses are designed to teach specific beauty information that may change over time. As society, the industry, and technology expands, so do our Mini Masterclasses. These classes teach real-time business information and are much shorter trainings that get straight to the point. Mini Masterclasses don't delve into concepts, focusing only on short, direct topics that MedSpa and Beauty Business owners need to stay on top of the evolving Medical Beauty industry.

The Dollmaker Society Program is our flagship program, which teaches beauty business owners foundational concepts that never change. It breaks down everything you will ever need to know to successfully turn your business into a high-performing money-making powerhouse you can set on automation and get back to enjoying life on your terms while the business flows. The Dollmaker Society Program covers all the essential topics, including marketing, improving client convos, operations, finance, and customer service, to ensure a well-rounded education in building a successful beauty business.

Our Academy is passionate about sharing knowledge and helping others succeed! We provide an immersive learning experience that includes lectures, hands-on training, and networking opportunities to help students gain the skills and confidence they need to succeed in the beauty industry.

Mini Masterclass

A collection of various mini Masterclasses to help you excel. These courses allow you to hone in on exactly the things you are interested in learning, without the fluff, with direct tutorials and know how. These courses focus on automation, resource optimization, outsourcing, & simplifying business.

Explore these Masterclasses and buy only the courses that make sense for you and your business.

Dollmaker Society Program

This Beauty Business Academy boasts 101 Body Altering Industry MedSpa Infrastructure Courses that teach a spa owner *HOW to run a beauty business at a very high level*. The Dollmaker Society Program takes skills acquired in the TOSI Arise Program, & apply them to your practice with intentional effective SOPs. These courses are structured into 25 classes per Quarter for 4 semesters. This Program is offered either monthly or annually, and comes along with weekly mentorings, 1-on-1 branding strategy calls, funnels, and so much more.

Academy Belief

We believe that education is the foundation of success, and our goal is to provide beauty business owners with the knowledge and tools they need to build and grow their businesses. Whether you are just starting in the industry or looking to take your business to the next level, the Beauty Business Academy is the perfect place to learn and grow.