

Award-Winning Aesthetic Doctor Launches Medically Led PDO Thread Training Academy to Raise UK Standards

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Newcastle upon Tyne, UK – Skin Lab Aesthetics Academy has announced the launch of the Lift and Leverage PDO Thread Training Programme, a medically led training initiative developed by award-winning aesthetic doctor Dr Shaymaa Sadeq. The academy has been created in response to growing demand for safer, more structured and clinically rigorous PDO thread education across the UK.

Dr Sadeq, who holds a PhD in Dermatology and is the founder of the award-winning Skin Lab Aesthetics clinic in Newcastle upon Tyne, established the academy after identifying significant inconsistencies in PDO thread training currently available to practitioners. She reports seeing an increasing number of poorly performed treatments and preventable complications resulting from limited anatomical training and lack of post-course support.

“PDO threads are not a cosmetic shortcut. They are a medical procedure that requires precise anatomical knowledge, careful patient selection and long-term responsibility,” said Dr Sadeq. “Many practitioners are attending short courses and leaving without the depth of understanding or support needed to practise safely. Lift and Leverage was created to change that.”

The Lift and Leverage PDO Thread Training Programme offers comprehensive education covering facial anatomy, vector planning, complication management, supervised hands-on practice and structured treatment protocols. In addition to clinical training, the programme includes a business framework designed to help practitioners integrate PDO threads safely and sustainably into their practice.

According to Dr Sadeq, practitioners who implement the programme correctly are often able to generate consistent monthly income from PDO thread treatments while maintaining high safety and ethical standards. However, she emphasises that financial outcomes are secondary to patient safety and practitioner competence.

“What makes this programme different is the level of ongoing support,” she explained. “Training should not end when the course finishes. Our practitioners receive continued mentoring, case guidance and access to clinical support long after certification. This is about raising standards, not volume.”

Dr Sadeq’s clinic has received multiple industry awards, including recognition for client experience and clinical excellence. Her decision to launch a dedicated academy reflects a broader shift within the aesthetics industry towards accountability, education and practitioner-led standards.

Demand for non-surgical lifting treatments continues to rise across the UK, with PDO threads remaining one of the most requested procedures. However, experts have repeatedly highlighted the importance of proper training and regulation to ensure patient safety. The Lift and Leverage Academy aims to contribute to that conversation by promoting education-led practice rather than trend-driven treatments.

Enrollment for the Lift and Leverage PDO Thread Training Programme is now open to qualified aesthetic practitioners across the UK. Training places are limited to ensure small group supervision and clinical oversight.

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