

CONFERENCE PROGRAM



THE FRESH SUMMIT

Brought to you by Fresh Clinics

CONFERENCE PROGRAM

'THE CLIMB TO CLINICAL EXCELLENCE'

LOCATIONS & DATES

Sydney InterContinental Coogee	Melbourne Hyde Melbourne Place	Perth Hyde Perth	Northern NSW Halcyon House
Cadaver Sun 23 Aug	Cadaver Wed 26 Aug	Cadaver Sun 30 Aug	
Dinner Sun 23 Aug	Dinner Wed 26 Aug	Dinner Sun 30 Aug	Dinner Wed 2 Sep
Summit Mon 24 Aug	Summit Thu 27 Aug	Summit Mon 31 Aug	Summit Thu 3 Sep

THE SAME IN EVERY CITY

Agenda

THE NIGHT BEFORE

6:30 pm	Welcome Dinner 🍴
9:30 pm	The night before it all begins, meet the community you'll be training alongside, over dinner.

SUMMIT DAY

7:30 am	Registration
7:45 am	Morning tea, sponsor activations & networking
8:20 am	Welcome
8:30 am	Fresh Insights to Help You Grow Megan Reid, Fresh Clinics
8:45 am	Why Consultation Skills Matter Dr Cara McDonald, Complete Skin Specialists
9:00 am	A System That Runs Without You Sam Leese & Emma Todd, Growth Box
9:20 am	Marketing 101: Understanding Marketing & Building Your Brand Franziska Iseli, Fresh Clever Bunch
9:40 am	The Treasure Hunt: Finding the Hidden Money in Your Business Jade Spehr, JadeStart
10:00 am	Business Deep Dive Open Audience, Q&A
10:25 am	Croma Revitalis for hands, Sculptra for the abdomen, and a layered toxin and PRP approach to the neck Fresh Clinics Trainers
12:00 pm	Lunch & sponsor activations
12:50 pm	Training intensive · block 1 X2 rotations
3:15 pm	Afternoon tea & sponsor activations
3:40 pm	Training intensive · block 2 X2 rotations
6:10 pm	Summit Wrap Networking 🍷
7:40 pm	The last stop of the day, a short closing address from our finale sponsor, then drinks, light bites and time to connect with peers before you head home

X4 ROTATIONS

Training rooms

In the afternoon, you'll be split into four groups (A, B, C, D) for training. Four 70-minute sessions, split across two Training Intensive blocks. Three rooms are the same for every group; one room is a choice of two, by event location. Your group will be shown on your badge at registration.

IN ROTATION	every group
IN ROTATION	Evolus - 70 mins Precision in practice: mastering Nuceiva The session will combine a focused review of Nuceiva data with practical discussion on anatomy, patient assessment and consultation, followed by expert video perspective and ambassador-led case discussion.
IN ROTATION	Galderma - 70 mins Medication-driven weight loss for advanced injectors Rapid weight loss is reshaping faces and your appointment book. Learn why rapid loss ages a face differently from normal ageing, how to profile and plan for patients, then watch it come together in a live demo.
IN ROTATION	Hugel - 70 mins Hugel 360: Anatomy-Led Treatment Planning Predictable results start with what's under the skin. A structured, anatomy-first system for reading the face and designing natural outcomes, then see it applied live, from consultation through to treatment.
YOU CHOOSE	Options differ per location
SYDNEY & PERTH Rejuran 70 mins Essential protocols through to advanced techniques and outcomes, covering injection technique, protocol optimisation and treatment sequencing for more consistent results.	MELBOURNE & NORTHERN NSW Allergan Aesthetics 70 mins Three treatment principles combined into one protocol; HArmonyCa Lidocaine, BOTOX (platysma technique), and Juvéderm Voluma for structure, definition and natural-looking lift.
OR CX Cosmetics 70 mins A practical framework for sequencing PDRN, HA and biostimulators. Includes hands-on tandem stations with live models, plus early access to two new Toskani technologies.	OR Xytide 70 mins Scientific briefing, live demo, then you inject a half-face treatment yourself, gaining real hands-on experience with technique, product handling and the patient journey.



THANK YOU TO OUR SPONSORS

“Beyond the stage, there are private training rooms, an activation floor, a welcome dinner and a summit networking event to look forward to, all made possible by the partners below. We can't wait to see this conference bring our community together across four locations this year.” –**The Johns**



Platinum



Silver



SYD

PERTH

SYD

PERTH

MELB

NRN NSW

MELB

NRN NSW

Bronze Activation Hub



ALL

ALL

ALL

ALL

SYD

MELB

PERTH



SYD

PERTH

SYD

PERTH

SYD

PERTH

MELB

NRN NSW

MELB

NRN NSW



MELB

NRN NSW

SYD

ALL

Welcome Dinner



SYD

NRN NSW

MELB

PERTH

Summit Wrap Networking



SYD

PERTH

MELB

NRN NSW

Cadaver



SYD

MELB

PERTH

Invite Only Dinner



MELB

PERTH

THE FACES OF THE SUMMIT



NIGHT BEFORE

Welcome dinner



Roger Chen
Eli Lilly

SYD



Dr Tomasz Block
Novo Nordisk

MELB

PERTH



Dr Paige Lanyon-Roberts
Eli Lilly

NRN NSW

MAIN STAGE

Business sessions



Megan Reid
Fresh Clinics

ALL



Dr Cara McDonald
Dermatologist

ALL



Sam & Emma
Growth Box

ALL



Franziska Iseli
Fresh Clever Bunch

ALL



Jade Spehr
JadeStart

ALL

MAIN STAGE

Live demonstration



Josie & Emily
Fresh Trainer

SYD



Carla & Douaa
Fresh Trainer

MELB



Dani
Fresh Trainer

PERTH



Agnes & Douaa
Fresh Trainer

NRN NSW



Wayne Griffith
Fresh Trainer

ALL

TRAINING ROOM

Evolus



Maria Estasy
RN

SYD

NRN NSW



Jamal Amar
RN

SYD



Janelle Black
RN

SYD



Jessie Zhou
RN

MELB

PERTH



Felicity West
RN

MELB



Elly Seymour
RN - TBC

MELB



Sharna Hill
RN

PERTH



Douaa Al Hamad
RN

NRN NSW



Allana Carson
RN

NRN NSW



Agnes Dube
RN

NRN NSW

TRAINING ROOM

Galderma



Dr Jing Wang
Trainer

SYD



Dr Jodie Silleri
Trainer

MELB



Dr Ceylan Yilmaz
Trainer

MELB

PERTH



Dr Edwina Morgan
Trainer

NRN NSW

TRAINING ROOM

Hugel



Dr Rami Haidar
Trainer

SYD

MELB



Dr Lucas de Siqueira
Trainer

PERTH

NRN NSW

TRAINING ROOM

K Bridge Medical



Coming soon
Trainer

SYD



Sara Lavis
RN, Rejuran Trainer

PERTH

TRAINING ROOM

CX Cosmetics



Dr Zunaid Ali
Aesthetic Physician | Global KOL | International Educator

ALL

TRAINING ROOM

Allergan Aesthetics



Pene Timberlake
Trainer

MELB



Sunny Kim
Trainer

MELB



Pene Timberlake
Trainer

NRN NSW

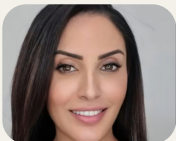


Chimay Spooner
Trainer

NRN NSW

TRAINING ROOM

Xytide



Souraya Farah
National Training Mgr

MELB

NRN NSW



Janine Vaylor
Trainer

MELB



Rajdi Gemeri
Trainer

NRN NSW

THE PROGRAM IN FULL - STAGE



Extra session context for your information.

Welcome Dinner

Eli Lilly — *Treating the Whole Person: A Modern Blueprint for Weight Management*

Novo Nordisk — *A Fresh Change: Introducing Weight Management to support your patients*

Business sessions

Megan Reid, Fresh Clinics — *Fresh Insights to Help You Grow, from our State of Medical Aesthetics findings*

Megan shares key findings from Fresh's State of Medical Aesthetics research — real insights on what's really happening across the industry, and what it means for your business.

Dr Cara McDonald, Complete Skin Specialists — *Why Consultation Skills Matter*

The presentation introduces the Cosmetic Consultation Course and explains why practical consultation skills are one of the most important, yet under-taught, areas of aesthetic practice. It will cover why the course was developed, how it helps injectors build trust, set expectations, present comprehensive treatment plans, manage difficult patients and improve treatment acceptance. Attendees will also gain practical strategies they can use immediately to increase patient satisfaction, support business growth and reduce the emotional fatigue associated with challenging consultations.

Emma Tod & Sam Leese, Growth Box — *A System That Runs Without You*

When you're running a clinic, marketing often becomes a cycle of briefing, waiting, chasing, and starting again. Growth Box gives you a system that runs without you in the loop — for the bits that should be in a system.

Franziska Iseli, Fresh Clever Bunch — *Marketing 101: Understanding Marketing & Building Your Brand*

What actually is marketing, and how do you make it your own? Franziska breaks marketing down to first principles — what it is, why it matters, and how to start building a brand that's authentically yours. A grounding session for anyone who wants to stop outsourcing their marketing and start thinking like a marketer.

Jade Spehr, JadeStart — *The Treasure Hunt: Finding the Hidden Money in Your Business*

Most aesthetic businesses are sitting on a fortune they cannot see. In this interactive Treasure Hunt, Jade Spehr reveals exactly where profit hides across five areas of your business: your team, client journey, marketing, operations and cost management. You will leave with a map to your own hidden money and a clear first step to recover it.

Open Audience, Q&A — *Business deep dive*

Bring your questions straight to the people who just presented. Megan, Franziska, Jade, and the Growth Box team stay on stage to go deeper on anything raised in the business sessions — pricing, marketing, systems, or whatever's actually keeping you up at night. No question too small, and no polished answers prepared in advance.

Off-label live demonstrations

Sculptra® for abdominal skin laxity — a collagen-stimulating approach
Off-label clinical use · body

Skin laxity is showing up in clinic more than ever — driven by GLP-1 weight loss and, as always, post-pregnancy change. This session explores poly-L-lactic acid (Sculptra) beyond the face, applied to the abdomen as a collagen-stimulating option for patients who want firmer, better-quality skin without surgery. The session covers:

- Why abdominal laxity is rising, with GLP-1 medications and pregnancy as the leading drivers
- Mechanism of action — how PLLA stimulates the patient's own collagen over time
- Composition, reconstitution and preparation for body treatment
- Injection depth, plane and dosing for the abdomen
- Patient selection and setting realistic expectations across a treatment course
- Safety, technique and adverse-event awareness

Restoring the dorsal hand with Croma Revitalis — a cannula approach
Off-label clinical use · hands

The hands give age away faster than almost anywhere, yet they're often left out of the treatment plan. This session takes a practical, evidence-led look at Saypha Rich (formerly Croma Rich) — a glycerol-stabilised, non-cross-linked hyaluronic acid — for improving skin quality across the back of the hands. The focus is honest outcomes: smoother, softer, better-hydrated, less crepey skin, delivered via cannula for comfort and safety. This session covers:

- Why the dorsal hand ages early — dermal thinning, subcutaneous atrophy, photoageing and structural prominence
- Where a hydrating bioremodeller fits, and how it differs from a volumiser
- Product composition and mechanism, and how to talk about it accurately with patients and peers
- The safe dorsal plane and relevant anatomy — veins, extensor tendons and the tissue you're targeting
- Cannula technique step-by-step, and why it's the safer, more comfortable choice here
- Patient selection, absolute contraindications and relative cautions
- Treatment course, expected results and realistic before-and-afters
- Aftercare and red-flag symptoms

Layered Neck Rejuvenation
Off-label clinical use · neck & lower face

The neck never ages for just one reason. A two-stage, single-session framework — intradermal toxin with PRP for skin quality, then precise intramuscular work on the platysma, jawline and DAO to release downward pull. Technique over products, with patient selection, depth control and cervical risk awareness throughout.

Main stage presentation

THE PROGRAM IN FULL - TRAINING ROOM



Extra session context for your information.

Platinum Sponsors

Evolus — *Precision in practice: mastering Nuceiva*

A 70-minute interactive Nuceiva workshop built around new data, case studies and practical clinical insights. The session will combine a focused review of Nuceiva data with practical discussion on anatomy, patient assessment and consultation, followed by expert video perspective and ambassador-led case discussion. Designed to be engaging and immediately useful, the workshop will give delegates practical insights they can apply in consultation, assessment and treatment planning with Nuceiva.

Galderma — *Medication-driven weight loss for advanced injectors*

The rise of medication-driven weight loss (MDWL) is creating new opportunities and challenges for aesthetic practitioners. Patients experiencing rapid weight loss often present with distinct facial changes that require a tailored assessment and treatment approach. This workshop will provide practical, clinically relevant guidance to help practitioners confidently manage the growing demand for aesthetic treatments during and after rapid weight loss. During the first 25 minutes, participants will explore how rapid weight loss differs from traditional weight loss from both an anatomical and aesthetic perspective. The session will examine the effects of rapid weight loss on facial structure, volume distribution, skin quality, and body aesthetics, while introducing different patient profiles commonly encountered in the MDWL setting. Attendees will gain insights into consultation strategies, patient expectations, treatment planning, and long-term management, supported by the latest data and emerging clinical protocols. The second 45 minutes will focus on practical application through a live treatment demonstration. Participants will observe treatment approaches designed to address volume loss and facial changes associated with rapid weight loss, while discussing patient selection, treatment sequencing, and techniques aimed at achieving natural, balanced outcomes. Key Learning Outcomes

- Understand how rapid weight loss differs from traditional weight loss and its aesthetic implications.
- Recognise the impact of rapid weight loss on facial structure, volume distribution and skin quality.
- Identify different MDWL patient profiles and adapt consultation approaches accordingly.
- Manage patient expectations and develop personalised treatment plans.
- Apply current evidence, emerging data & clinical protocols when planning aesthetic treatments during & after rapid weight loss.
- Observe practical injection techniques and treatment strategies for managing aesthetic concerns associated with MDWL.

Hugel — *Hugel 360: anatomy-led treatment planning*

This practical session explores how anatomical assessment informs effective treatment planning. Participants will learn a structured approach to facial assessment, patient consultation and treatment design to support predictable, natural-looking outcomes. The workshop includes a 35-minute presentation on key anatomical considerations and treatment planning principles, followed by a live patient consultation and a 25-minute treatment demonstration showcasing the application of these concepts in clinical practice. Learning Objectives:

- Understand the anatomical considerations that influence treatment planning.
- Develop a systematic approach to facial assessment and patient consultation.
- Explore how anatomy, patient goals and product selection shape treatment decisions.
- Observe the translation of assessment findings into a live treatment plan and demonstration.

Silver Sponsors

Rejuran — *REJURAN® Masterclass: From Essential Protocols to Advanced Techniques & Outcomes*

This comprehensive, expert-led masterclass explores the practical application of REJURAN® in modern aesthetic practice, guiding delegates from essential treatment principles through to advanced clinical techniques and outcome-focused treatment planning. Delegates will gain a deeper understanding of REJURAN®’s regenerative mechanisms and how to apply the treatment across a variety of skin quality concerns. Through expert-led presentations, clinical case discussions, and practical demonstrations, attendees will learn how experienced practitioners tailor treatment strategies to different indications, patient profiles, and clinical goals. The session will cover essential protocols, injection techniques, protocol optimisation, treatment sequencing, and advanced combination approaches designed to enhance patient outcomes and improve the overall treatment experience. Real-world clinical insights and practical pearls will help practitioners refine their approach, build confidence, and deliver more consistent, predictable results in daily practice.

CX Cosmetics — *The Industry Gave You More Choices. Nobody Gave You a Way to Think About Them. Toskani's Mesosynergy® Method for Modern Regeneration*

In today's regenerative aesthetics landscape, practitioners are faced with more choices than ever before—PDRN, polynucleotides, biostimulators, HA technologies, exosomes and devices—yet many are still searching for a practical framework to bring them together. Join international educator and Global KOL Dr Zunaid Ali for an immersive workshop introducing Toskani's Mesosynergy® Method—a modern approach to treatment sequencing, combination therapies and regenerative treatment planning. The session will begin with a concise 15-minute presentation exploring the principles of regenerative treatment stacking, skin quality optimisation and how leading clinicians are moving beyond individual products towards strategic patient journeys. Delegates will then participate in a hands-on tandem workshop across four treatment stations featuring live models and guided practical learning. Attendees will gain early access to Toskani's latest regenerative technologies, TKN HA3 and Lumicen™ 3% PDRN, exploring their role within modern treatment planning, treatment sequencing and combination therapy strategies for skin quality and regeneration. Participants will leave with practical skills, increased confidence in treatment selection and a practical framework they can immediately implement in clinic.

Allergan — *AA Signature™ Lift Up - Three forces, one lifted look*

The conversation around lifting is changing — and this session places you at the center of it. Join us for an exclusive, live demonstration experience on AA Signature™ Lift Up, Allergan Aesthetics’ integrated approach for patients seeking more structure, refined definition, and natural-looking lift. This session brings together three powerful treatment principles into one curated protocol designed to deliver results that are both clinically grounded and visually impactful. In this session, you will explore how to:

- Master HArmonyCa® Lidocaine — the world’s first dual-action biostimulator, combining immediate volumisation with progressive collagen stimulation. Gain a deeper understanding of not only how it works, but why it works, so you can confidently bring this conversation into your practice.
- Unlock the full potential of BOTOX® — now indicated across four cosmetic indications. With a focused deep dive into the platysma, you'll learn precision techniques that help visibly refine the lower face and enhance jawline definition.
- Integrate Juvéderm® Voluma® as the third force in the lifting trifecta — repositioning mid-face volume as a structural foundation within a protocol-driven treatment approach.
- Today’s patients are seeking more than a treatment — they are seeking transformation with precision. The practices that lead are those that can offer a cohesive, science-backed lifting strategy with confidence and consistency.
- AA Signature™ Lift Up gives you the clinical insight, technique refinement, and treatment framework to elevate your approach and confidently lead the lifting conversation in your practice.

Xytide — *Sunekos hands-on experience session*

Discover the clinical application of Sunekos in this interactive experience session. Designed to introduce delegates to Sunekos and provide exposure to the treatment injection technique, this session combines scientific overview, live demonstration, and guided hands-on participation. While this session does not replace formal Sunekos training, it provides delegates with the opportunity to perform a half face Sunekos treatment, gaining firsthand experience with the injection technique, treatment protocol, product handling, and patient journey. We'll dive into a presentation, live demonstration and hands-on injecting.

SEE YOU AT THE FRESH SUMMIT.



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