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# CIDESCO

THE WORLD STANDARD FOR BEAUTY & SPA THERAPY

## CIDESCO INTERNATIONAL POST GRADUATE PROGRAMME





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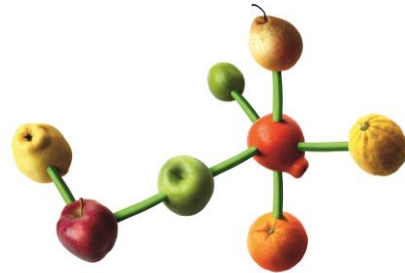
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## Post Graduate Programme

Discover our courses



CIDESCO International offer Post Graduate courses in 8 subjects. See the course listing below and find the perfect teaching level to follow your passion.



### **Post Graduate Beauty Therapy Diploma**

The CIDESCO Post Graduate Beauty Therapy Diploma is available for those Beauty Therapists who have been working in the industry for at least 3 years.



### **Post Graduate Spa Therapy Diploma**

The CIDESCO Post Graduate Spa Therapy Diploma is available for those Beauty Therapists who achieved the CIDESCO Diploma in Beauty Therapy or CIDESCO Post Graduate Diploma in Beauty Therapy.



### **Post Graduate Aromatherapy Diploma**

The CIDESCO Post Graduate Aromatherapy Diploma is available for those Beauty Therapists who achieved the CIDESCO Diploma in Beauty Therapy or CIDESCO Post Graduate Diploma in Beauty Therapy.



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## **Post Graduate Skincare Certificate**

The CIDESCO Post Graduate Skincare Certificate is available for those Beauty Therapists who have been working in the industry for at least 3 years.



## **Post Graduate Aesthetics Certificate**

The CIDESCO Post Graduate Aesthetics Certificate is available for those Beauty Therapists who have been working in the industry for at least 3 years.



## **Post Graduate Body Certificate**

The CIDESCO Post Graduate Body Certificate is available for those Beauty Therapists who have been working in the industry for at least 3 years.

## **Post Graduate Guidelines**

CIDESCO recognises the Beauty Therapists prior learning experience and will assess the extent of the Beauty Therapists knowledge with a RPL (Recognised Prior Learning) assessment. A structured training programme will cover those aspects in which further education is required.

This training can take place in block or over a period of several months. This depends upon the CIDESCO School/Section and the prospective Candidates working situation. The upgrading of Theory can be done either online or in a classroom situation. This is the decision of the training facility.



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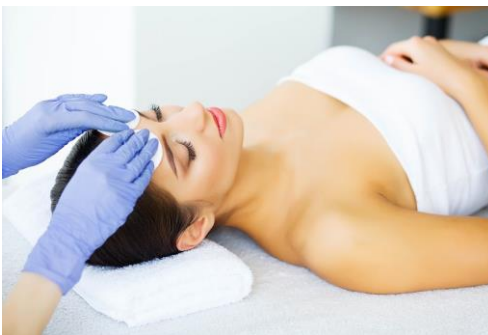
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## New Post Graduate Qualifications



### Post Graduate Manual Facial Certificate

The CIDESCO Post Graduate Manual Facial Certificate is available for those Beauty Therapists who have been working in the industry for at least 3 years.



### Post Graduate Facial Certificate

The CIDESCO Post Graduate Facial Certificate is available for those Beauty Therapists who have been working in the industry for at least 3 years.

## Post Graduate Manual Facial & Post Graduate Facial Certificate

### Aim of the courses

To give qualified Beauty Therapists with a formal training and a minimum of 3 years practical experience in a Skin Salon /Spa or in a combination with teaching, the opportunity to gain the prestigious CIDESCO Post Graduate Manual Facial or Facial Certificate.

### Training

All Candidates must complete a refresher course of at least 30 hours at a CIDESCO School or CIDESCO National Section. The refresher course must be tailored to the individual needs ensuring that the Candidates have covered all subjects in the CIDESCO Manual Facial or Facial Certificate Syllabus.



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## Examination: Manual Facial Certificate

The examination for the Post Graduate Manual Facial Certificate consists of three parts:

Multiple Choice Examination (MCQ) 1 Hour. 60 questions



Practical Examination including cleansing technique; skin analysis; tinting and shaping; deep cleansing with brush machine, steamer, and exfoliation products; facial massage; mask applications and day care application.

5 Case Histories. Pre- requisite to sit Manual Facial Certificate Examination.

## Examination: Facial Certificate

The examination for the Post Graduate Facial Certificate consists of three parts:

Multiple Choice Examination (MCQ) 1 Hour. 60 questions



Practical Examination including cleansing technique; skin analysis; deep cleansing with steamer and exfoliation products; facial massage; mask applications and day care application.

5 Case Histories. Pre- requisite to sit Manual Facial Certificate Examination.



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## Post Graduate Beauty Therapy

Aim of the course

To give qualified Skin and Body Therapists (Beauty Therapists / Estheticians) with a formal training and a minimum of 3 years practical experience in a Skin and Body Care Salon Centre/Spa or in combination with teaching, the opportunity to gain the prestigious CIDESCO International qualification.



Training

All Candidates must complete a refresher course of at least 60 hours at a CIDESCO School or CIDESCO National Section. The refresher course must be tailored to the individual needs ensuring that the candidates have covered all subjects in the CIDESCO Beauty Therapy Syllabus.

Examination

The examination for the Post Graduate Beauty Therapy Diploma consists of a Multiple Choice Question (MCQ) paper, a practical exam and assessment of the project with case histories.

Project with Case Histories

Candidates are required to research and write a Project assignment on a subject relevant to the study of beauty therapy and connected to their Case Histories.

## Post Graduate Spa Therapy Diploma

Aim of the course

To give candidates the required information to be able to efficiently and effectively work in Day Spas and resorts across the world. The course is designed to give candidates the most comprehensive Spa training.



Pre-requisite

CIDESCO Diploma in Beauty Therapy or CIDESCO Post Graduate Diploma in Beauty Therapy.

Training

Students must undergo a course of at least 180 hours of training in practical and theoretical work at a registered CIDESCO School.

Examination

The examination for the Post Graduate Spa Therapy Diploma consists of a Multiple Choice Question (MCQ) paper and a practical exam.



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Water Supply and Management Paper including Case Histories

Each candidate must submit a paper on Water Supply and Management consisting of 2500 words and 3 Case Histories comprising 4 treatments each.

## Post Graduate Aromatherapy Diploma

Aim of the course



To equip Therapists with a knowledge of professional Aromatherapy in order to provide face and body treatments of a high standard, utilizing the effects of Essential Oils, with understanding and regard to client safety and comfort.

Pre-requisite

CIDESCO Diploma in Beauty Therapy or CIDESCO Post Graduate Diploma in Beauty Therapy. Passing the Case Histories with a 70% pass mark.

Training

Students must undergo a course of at least 100 hours of training at a registered CIDESCO School covering all subjects in the Post Graduate Aromatherapy Syllabus and at least 40 hours home study.

Examination

The examination for the Post Graduate Aromatherapy Diploma consists of a Multiple Choice Question (MCQ) paper, a practical exam and assessment of Case Histories.

Case Histories

Each Candidate is required to present 24 Case Histories to the Examiner. These must have been carried out on 6 different client models, who have each had 4 documented Aromatherapy treatments which includes dates of visits and recommended aftercare.





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## Post Graduate Skin Care Certificate

Aim of the course



To give qualified Beauty Therapists with a formal training and a minimum of 3 years practical experience in a Skin and Body Salon /Spa or in a combination with teaching, the opportunity to gain the prestigious CIDESCO Post Graduate Skin Care Certificate.

Training

All Candidates must complete a refresher course of at least 40 hours at a CIDESCO School or CIDESCO National Section. The refresher course must be tailored to the individual needs ensuring that the Candidates have covered all subjects in the CIDESCO Skin Care Syllabus.

Examination

The examination for the Post Graduate Skin Care Certificate consists of a Multiple Choice Question (MCQ) paper, a practical examination (including Facials with Electrical Treatments, Make- up and Waxing) and an assessment of the Project with case histories.

Project with Case Histories

Candidates are required to research and write a Project assignment on a subject relevant to the study of Skin Care and connected to their Case Histories.

## Post Graduate Aesthetics Certificate

Aim of the course



To give qualified Beauty Therapists with a formal training and a minimum of 3 years practical experience in a Skin and Body Salon /Spa or in a combination with teaching, the opportunity to gain the prestigious CIDESCO Post Graduate Aesthetics Certificate.

Training

All Candidates must complete a refresher course of at least 40 hours at a CIDESCO School or CIDESCO National Section. The refresher course must be tailored to the individual needs ensuring that the Candidates have covered all subjects in the CIDESCO Syllabus.



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## Examination

The examination for the Post Graduate Aesthetics Certificate consists of a Multiple Choice Question (MCQ) paper, a practical examination (including Facials with Electrical Treatments, Make-up, Waxing, Manicure and Pedicure) and an assessment of the Project with case histories.

## Project with Case Histories

Candidates are required to research and write a Project assignment on a subject relevant to the study of Aesthetics and connected to their Case Histories.

## Post Graduate Body Therapy Certificate

### Aim of the course

To give qualified Beauty/Spa Therapists with a formal training and a minimum of 3 years practical experience in a Skin and Body Salon /Spa or in a combination with teaching, the opportunity to gain the prestigious CIDESCO Post Graduate Body Certificate.



### Training

All Candidates must complete a refresher course of at least 30 hours at a CIDESCO School or CIDESCO National Section. The refresher course must be tailored to the individual needs ensuring that the Candidates have covered all subjects in the CIDESCO Body Therapy Syllabus.

### Examination

The examination for the Post Graduate Body Therapy Certificate consists of a Multiple Choice Question (MCQ) paper, a practical examination (including Body Treatments with Electrical Equipment, Body Massage, Nutrition and Body Analysis) and an assessment of the Project with case histories.

### Project with Case Histories

Candidates are required to research and write a Project assignment on a subject relevant to the study of Body Therapy and connected to their Case Histories.



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## Suggested CIDESCO Post Graduate Skin Care Certificate Timetable (40 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Skin Care Certificate timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Knowledge of electrical equipment</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Discuss Project with Case Histories guidelines          Discuss Case History booklet and examples of Case History subjects          Theory - Tinting &amp; Shaping</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene; Care and Presentation.          Theory - Facial Analysis Sheet          Practical - Facial Skin Analysis          Confirm understanding of Case Histories</p>	<p><b>Day 2 PM</b>          Theory - Facial muscles and facial lymph nodes functions          Theory - Facial massage with 5 classical movements          Practical - Facial massage with 5 classical movements</p>
<p><b>Day 3 AM</b>          Theory - Facial electrical equipment          Practical - Facial electrical equipment:          High Frequency          Vacuum Suction          Galvanic (Desincrustation and Iontophoresis)          Electrical Muscle Stimulation - Faradic</p>	<p><b>Day 3 PM</b>          Practical Facial Treatment including:          Cleansing          Skin analysis (treatment objective, plan and use of Electrical equipment)          Tinting &amp; Shaping          Deep Cleansing          Electrical Equipment          Swedish Facial Massage with 5 classical movements          Mask application          Tone and moisturize</p>
<p><b>Day 4 AM</b>          Discuss Make- up          Practical - Make-up application          Theory - Waxing (hot and strip)          Practical - Waxing (hot and strip)</p>	<p><b>Day 4 PM</b>          Skin Analysis repetition - emphasize treatment objective plan according to Skin Analysis Sheet          Candidates practice on weak areas of Skin Care Treatment</p>
<p><b>Day 5 AM</b>          Mock Practical PG Skin Care Certificate Examination as per the guidelines of CIDESCO International</p>	<p><b>Day 5 PM</b>          Mock MCQ Skin Care Certificate Examination          Discuss results of MCQ and Practical Skin Care Certificate Examination          Feedback and advice          Present a course confirmation of the training programme for the 40 hour course</p>



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## Suggested CIDESCO Post Graduate Aesthetics Certificate Timetable (40 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Aesthetics Certificate timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Knowledge of electrical equipment</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Discuss Project with Case Histories guidelines          Discuss Case History booklet and examples of Case History subjects          Theory - Tinting &amp; Shaping</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene; Care and Presentation.          Theory - Facial Analysis Sheet          Practical - Facial Skin Analysis          Confirm understanding of Case Histories</p>	<p><b>Day 2 PM</b>          Theory - Facial muscles and facial lymph nodes functions          Theory - Facial massage with 5 classical movements          Practical - Facial massage with 5 classical movements</p>
<p><b>Day 3 AM</b>          Theory - Facial electrical equipment          Practical - Facial electrical equipment:          High Frequency          Vacuum Suction          Galvanic (Desincrustation and Iontophoresis)          Electrical Muscle Stimulation - Faradic</p>	<p><b>Day 3 PM</b>          Practical Facial Treatment including:          Cleansing          Skin analysis( treatment objective, plan and use of Electrical equipment)          Tinting &amp; Shaping          Deep Cleansing          Electrical Equipment          Swedish Facial Massage with 5 classical movements          Mask application          Tone and moisturize</p>
<p><b>Day 4 AM</b>          Discuss Make- up          Practical - Make-up application          Theory - Waxing (hot and strip)          Practical - Waxing (hot and strip)</p>	<p><b>Day 4 PM</b>          Practical - Manicure/Pedicure          Skin Analysis repetition - emphasize treatment objective plan according to Skin Analysis Sheet          Candidates practice on weak areas of Aesthetics Treatment</p>
<p><b>Day 5 AM</b>          Mock Practical PG Aesthetics Certificate Examination as per the guidelines of CIDESCO International</p>	<p><b>Day 5 PM</b>          Mock MCQ Aesthetics Certificate Examination          Discuss results of MCQ and Practical Aesthetics Certificate Examination          Feedback and advice          Present a course confirmation of the training programme for the 40 hour course</p>



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## Suggested CIDESCO Post Graduate Body Therapy Certificate Timetable (30 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Body Therapy Certificate timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Knowledge of electrical equipment          Discuss project with Case Histories guidelines          Discuss Case History booklet and examples of          Case History subjects</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Theory - Body Analysis Sheet          Practical - Body Skin Analysis</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene;          Care and Presentation.          Theory - Body muscles and lymph node functions          Theory - Body electrical equipment:          Galvanic          Vacuum Suction          Electrical Muscle Stimulation - Faradic          Mechanical massager (G5 or other similar          equipment)</p>	<p><b>Day 2 PM</b>          Practical - Body electrical equipment:          Galvanic          Vacuum Suction          Electrical Muscle Stimulation - Faradic          Mechanical massager (G5 or other similar          equipment)          Confirm understanding of Case Histories</p>
<p><b>Day 3 AM</b>          Theory - Body massage with 5 classical          movements          Practical - Body massage with 5 classical          movements          Practical Body Treatment including:          Body Analysis          Pre Treatment          Electrical Equipment          Body Mask application          Body Massage</p>	<p><b>Day 3 PM</b>          Body Analysis repetition - emphasize treatment          objective plan according to Body Analysis Sheet          Candidates practice on weak areas of Body          Therapy Treatment</p>
<p><b>Day 4 AM</b>          Mock Practical PG Body Therapy Certificate          Examination as per guidelines of CIDESCO          International          Mock MCQ Body Therapy Certificate Examination          as per guidelines of CIDESCO International</p>	<p><b>Day 4 PM</b>          Discuss results of MCQ and Practical Body          Therapy Certificate Examination          Feedback and advice          Present a course confirmation of the training          programme for the 30 hour course</p>



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## Suggested CIDESCO Post Graduate Manual Facial Certificate Timetable (30 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Manual Facial Certificate timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Facial Treatment including:          Cleansing; Skin Analysis; Tinting &amp; Shaping; Deep          Cleanse, Facial Massage; Face Masks          application; and Day care application.</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Discuss Case Histories guidelines          Discuss Case History booklet and examples of          Case History subjects</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene;          Care and Presentation.          Theory - Facial Analysis Sheet          Theory - Deep Cleanse (Steam machine; Brush          Cleanse and Exfoliation products)          Practical - Facial Analysis          Practical - Deep Cleanse</p>	<p><b>Day 2 PM</b>          Confirm understanding of Case Histories          Theory - Tinting &amp; shaping          Theory - Facial Muscles          Practical - Tinting &amp; Shaping          Practical - Facial massage with 5 classical          movements</p>
<p><b>Day 3 AM</b>          Practical Manual Facial Treatment including:          Cleansing Technique          Skin Analysis          Tinting &amp; Shaping          Deep Cleanse          Face Massage          Mask application          Day care application</p>	<p><b>Day 3 PM</b>          Skin Analysis repetition - emphasize treatment          objective plan according to Skin Analysis Sheet          Candidates practice on weak areas of Manual          Facial Treatment</p>
<p><b>Day 4 AM</b>          Mock Practical PG Manual Facial Examination as          per guidelines of CIDESCO International          Mock MCQ Manual Facial Examination as per          guidelines of CIDESCO International</p>	<p><b>Day 4 PM</b>          Discuss results of mock MCQ and Practical          Manual Facial Examination          Feedback and advice          Present a course confirmation of the training          programme for the 30 hour course</p>



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## Suggested CIDESCO Post Graduate Facial Certificate Timetable (30 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Facial Certificate timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Facial Treatment including:          Cleansing; Skin Analysis; Deep Cleanse, Facial          Massage; Face Masks application and Day care          application.</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Discuss Case Histories guidelines          Discuss Case History booklet and examples of          Case History subjects</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene;          Care and Presentation.          Theory - Facial Analysis Sheet          Theory - Deep Cleanse (Steam machine and          Exfoliation products)          Practical - Facial Analysis          Practical – Deep Cleanse</p>	<p><b>Day 2 PM</b>          Confirm understanding of Case Histories          Theory - Facial Muscles          Practical - Facial massage with 5 classical          movements</p>
<p><b>Day 3 AM</b>          Practical Facial Treatment including:          Cleansing Technique          Skin Analysis          Deep Cleanse          Face Massage          Mask application          Day care application</p>	<p><b>Day 3 PM</b>          Skin Analysis repetition - emphasize treatment          objective plan according to Skin Analysis Sheet          Candidates practice on weak areas of Facial          Treatment</p>
<p><b>Day 4 AM</b>          Mock Practical PG Facial Certificate Examination          as per guidelines of CIDESCO International          Mock MCQ Facial Certificate Examination as per          guidelines of CIDESCO International</p>	<p><b>Day 4 PM</b>          Discuss results of mock MCQ and Practical Facial          Certificate Examination          Feedback and advice          Present a course confirmation of the training          programme for the 30 hour course</p>



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## Suggested CIDESCO Post Graduate Beauty Therapy Diploma Timetable (60 Hours)

<p><b>Day 1 AM</b>          Introduction to CIDESCO International          PG Beauty Therapy Diploma timetable          Discuss Examination flow          RPL assessment:          RPL Theory - MCQ from CIDESCO Syllabus          RPL Practical - Knowledge of electrical equipment</p>	<p><b>Day 1 PM</b>          Results of RPL assessments          Identify candidates weak areas          Discuss Project with Case Histories guidelines          Discuss Case History booklet and examples of Case History subjects          Theory - Tinting &amp; Shaping</p>
<p><b>Day 2 AM</b>          Theory - Hygiene protocol; Candidates Hygiene; Care and Presentation          Theory - Facial Analysis Sheet          Practica I- Facial Skin Analysis          Confirm understanding of Case Histories</p>	<p><b>Day 2 PM</b>          Theory - Facial muscles and lymph nodes functions          Theory - Facial massage with 5 classical movements          Practical - Facial massage with 5 classical movements</p>
<p><b>Day 3 AM</b>          Theory - Facial electrical equipment          Practical - Facial electrical equipment:          High Frequency          Vacuum Suction          Galvanic (Desincrustation and Iontophoresis)          Electrical Muscle Stimulation - Faradic</p>	<p><b>Day 3 PM</b>          Practical Facial Treatment including:          Cleansing          Skin Analysis (treatment objective, plan and use of electrical equipment)          Tinting &amp; Shaping          Deep Cleansing          Electrical Equipment          Swedish Facial Massage with 5 classical movements          Mask application          Tone and moisturize</p>
<p><b>Day 4 AM</b>          Discuss Make-up          Practical - Make-up application          Theory - Waxing (hot and strip)          Practical – Waxing (hot and strip)</p>	<p><b>Day 4 PM</b>          Practical - Manicure/Pedicure          Skin Analysis repetition - emphasize treatment objective plan according to Skin Analysis Sheet          Candidates practice on weak areas of the Beauty Therapy Treatment</p>
<p><b>Day 5 AM</b>          Theory - Body muscles and lymph node functions          Theory - Body electrical equipment:          Galvanic          Vacuum Suction          Electrical Muscle Stimulation - Faradic          Mechanical massager (G5 or other similar equipment)</p>	<p><b>Day 5 PM</b>          Practical - Body electrical equipment:          Galvanic          Vacuum Suction          Electrical Muscle Stimulation - Faradic          Mechanical massager (G5 or other similar equipment)</p>





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<p><b>Day 6 AM</b>          Theory - Body massage with 5 classical movements          Practical - Body massage with 5 classical movements          Practical Body Treatment including:          Body Analysis          Pre Treatment          Electrical Equipment          Body Mask application          Body Massage</p>	<p><b>Day 6 PM</b>          Body Analysis repetition - emphasize treatment objective plan according to Body Analysis Sheet          Candidates practice on weak areas of Body Therapy Treatment</p>
<p><b>Day 7 AM</b>          Mock Practical PG Beauty Therapy Diploma Examination as per guidelines of CIDESCO International</p>	<p><b>Day 7 PM</b>          Mock Practical PG Beauty Therapy Diploma Examination as per guidelines of CIDESCO International</p>
<p><b>Day 8 AM</b>          Mock MCQ Beauty Therapy Diploma Examination          Discuss results of mock MCQ and Practical Beauty Therapy Diploma Examination          Feedback and advice          Present a course confirmation of the training programme for the 60 hours course</p>	



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**Have you any questions?**

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