

COURSE OUTLINE: ESTHETICS 103

The Esthetics 103 program is a 900-hour program combining 600 hours of basic skin care training required for state board licensing, and 300 hours of advanced esthetics techniques. The program length for the Day Schedule is 30 weeks and the Evening Schedule is 36 weeks. The advanced esthetics portion of the program provides additional esthetic services as well as advanced techniques, protocols, business skills, communication and customer service competencies sought by luxury and medi-spa owners and managers. Along with high-quality technical training students will learn career development skills such as client consultation, business tracking systems, and marketing strategies as well as receiving Financial Literacy training. The following is a list of the state of California requirements for technical and practical criteria. Our curriculum meets or exceeds the minimum standards.

OBJECTIVES:

1. To successfully prepare the student to pass the State exam.
2. To prepare students for employment
3. To develop personality skills as well as mechanical skills suitable for the field of Esthetics
4. To develop marketing and sales skills to become a successful Esthetician.

METHODS OF INSTRUCTION:

Lecture, Video, Teaching Aids, Demonstrations, Testing- Written and Oral, Student Participation and Practice

UNITS AND HOURS

Subject	Theory Hours	Minimum Operations
Esthetics – 600 Hours		
<i>Facials – 350 Hours</i>		
Manual, Electrical and Chemical Facials	70	140
Includes, but is not limited to: Manual facials including cleansing, scientific manipulations, packs, and masks; Electrical facials Including the use of electrical modalities, dermal lights and electrical apparatus, for facials and skin care purposes, including microdermabrasion; Chemical facials including chemical skin peels, packs, masks and scrubs.		
Preparation	15	
Includes, but is not limited to: Client consultation, intake procedures, contraindications, professionalism, client record keeping, pre- and post-operative care, CPR/AED theory, salon and spa skills.		
<i>Health and Safety – 200 Hours</i>		
Laws and Regulations	10	
Includes, but is not limited to Barbering and Cosmetology Act and the Board's Rules and Regulations.		
Health and Safety Considerations	40	
Includes, but is not limited to: Training in chemicals and health in establishments, material safety data sheets, protection from hazardous chemicals and preventing chemical injuries, health and safety laws and agencies, communicable diseases including HIV/AIDS and Hepatitis B; chemical composition and purpose of cosmetic and skin care preparations; elementary chemical makeup, chemical skin peels, physical and chemical changes of matter; electrical current, principles of operating electrical devices and the various safety precautions used when operating electrical equipment.		
Disinfection and Sanitation	10	
Includes, but is not limited to: Procedures to protect the health and safety of the consumer as well as the technician; proper disinfection procedures. disinfection shall be emphasized throughout the entire training period and must be performed before use of all instruments and equipment.		
Anatomy and Physiology	15	
Includes, but is not limited to: Human anatomy, human physiology, bacteriology, skin analysis and conditions.		
<i>Hair Removal and Make-up – 50 Hours</i>		
Eyebrow Beautification	25	50
Includes, but is not limited to: Eyebrow shaping and hair removal techniques,		

hair analysis, waxing, tweezing, manual or electrical depilatories.		
Make-up	20	40
Includes, but is not limited to: Skin analysis, basic and corrective application, application of false eyelashes.		
<i>Additional Instruction and Training</i>		
Incorporated throughout the program includes: Business and communications skills, including professional ethics, salesmanship, decorum, record keeping and client service records; review, practice and testing		
Advanced Esthetics – 300 Hours	Theory and Practical Hours	Minimum Operations
Advanced Wellness Modalities for Face and Body	30	20
Includes, but is not limited to: The use of light therapy (LED), oxygenation, and additional modalities as they apply to luxury spa treatments and services.		
Eyelash Extensions	60	10
Includes, but is not limited to: health and safety, sanitation and disinfection, application, maintenance protocols and after care.		
Advanced Brow Enhancement and Hair Removal Techniques	30	25
Includes, but is not limited to brow shaping utilizing hair removal and cosmetic enhancement methods.		
Clinical Esthetics History and Regulations	10	
The Role of the Fitzpatrick Scale	10	
Advanced Chemical Exfoliation	30	20
Includes, but is not limited to various forms of chemical peels as allowable by regulatory guidelines within the scope of the profession		
Advanced Mechanical Exfoliation	40	20
Includes, but is not limited to: microdermabrasion and additional forms used in the medi-spa environment as allowable by regulatory guidelines within the scope of the profession		
Aging and Photo-Damaged Skin and Acne	30	15
Business Skills	30	
Includes, but is not limited to: professional communication skills, salesmanship, client record keeping; may include Community Service and/or Off-Site Learning.		
Review and Testing	30	
Includes, but is not limited to international testing procedures.		

ESTHETICS GRADING POLICY:

The school maintains complete records on each student or graduate for reference as required by the State. All students receive a complete theory and practical test (Mock Board) after approximately 550 hours. It simulates actual Program's procedure and constitutes a final exam. Individual tutoring, if needed, is available in preparation for the state exam. Each student is graded on their theory and practical work, attendance, appearance, and attitude. The grading used is as follows:

93 – 100	EXCELLENT
85 – 92	VERY GOOD
75 – 84	SATISFACTORY
74 and BELOW	UNSATISFACTORY

Written progress reports are maintained by the Academy. Students receive progress reports that must be signed and kept in their file at least two (2) times during their program. Informal progress reports are distributed monthly so students can keep track of their progress. Additional progress reports may be issued to students as requested or on an as needed basis determined by the instructor.

OCCUPATIONAL TITLES

Estheticians will enter the field as estheticians, sometimes known as facialists or skin care technicians.

CLASS AVAILABILITY

Classes are conducted Monday through Friday 9:00 am to 3:30 pm for day students and Monday through Friday from 5:00 pm to 10:00 pm for night students.

REQUIRED TEXTS

Milady Standard Esthetics Fundamentals, 10th edition, and Workbook, published by Cengage Learning; ISBN-13: 978-1-4283-1892-2; Milady Standard Esthetics: Advanced, 2nd Edition, and Workbook, published by Cengage Learning; ISBN-13:978-1-1111-3909-4; included in the kit cost.

LANGUAGE

The course is conducted in the English language.