

ESTHETICS 103

SOC Code 39-5094

Method of Delivery: Residential

The Esthetics 103 program is a 900-hour course of instruction designed to develop advanced-level technical proficiency, increased practical experience, and career-advancement skills within the field of skin care. This program includes the 600 hours required for California Board of Barbering and Cosmetology licensure and an additional 300 hours of expanded training focused on skill refinement, luxury service protocols, and professional growth. The program length for the Day Schedule is 30 weeks, and the Evening Schedule is 36 weeks. Students receive comprehensive training through the Bellus Academy esthetics system, with an emphasis on increased hands-on application, advanced treatment techniques, and higher-volume practical experience in both classroom and clinic environments. The additional training hours are concentrated in key service areas such as advanced facial treatments, chemical exfoliation, and specialized machine-aided protocols, allowing students to build greater confidence, speed, and consistency in real-world scenarios. The program also includes expanded instruction in: Advanced client consultation and skin analysis customization; Business development and performance tracking; Marketing strategies and client retention; and Financial literacy and career planning. Through increased practical application and advanced instruction, students develop the ability to perform services with a higher level of precision, efficiency, and professionalism. This program may benefit individuals seeking to strengthen their technical skill set, increase hands-on experience, or advance their career readiness beyond entry-level training.

COURSE OBJECTIVES:

The program is designed to prepare students to:

1. Meet and exceed entry-level performance expectations in a luxury spa or medi-spa environment.
2. Perform a higher volume of services with increased technical confidence and efficiency.
3. Expand service offerings and enhance the overall client experience through advanced protocols.
4. Pursue career advancement opportunities and professional growth within the esthetics industry.

METHODS OF INSTRUCTION SHALL INCLUDE:

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| 1. Lecture | 5. Video |
| 2. Teaching aids | 6. Demonstration |
| 3. Testing (oral/written) | 7. Role-Play |
| 4. Student participation in practice | 8. Online Theory using hardware and software to access content |

ESTHETICS 103 COURSE OUTLINE:

Pursuant to B&P 7364(b) the curriculum for a skin care course shall, at a minimum, include technical and practical instruction in the following areas:

Health and Safety:

Including instruction on hazardous substances, chemical safety, safety data sheets, protection from hazardous chemicals, preventing chemical injuries, health and safety laws and regulations, and preventing communicable diseases.

100

Board Approved Health & Safety Course (B&P 7389(a)):

Including instruction on hazardous substances, basic labor laws, and physical and sexual assault awareness.

Disinfection and Sanitation:

Including instruction on disinfection procedures to protect the health and safety of consumers as well as the technician and proper disinfection procedures for equipment used in establishments.

100

Skin Care:

Including instruction on chemical and manual facials and massaging, stimulating, exfoliating, cleansing, or beautifying the face, scalp, neck, or body by the use of hands, esthetic devices, cosmetic products, antiseptics, lotions, tonics, or creams that do not result in the ablation or destruction of the live tissue.

350

140

Hair Removal and Lash and Brow Beautification:

Including instruction on tinting and perming eyelashes and brows and applying eyelashes to any person and includes removing superfluous hair from the body of any person by use of depilatories, tweezers, sugaring, nonprescription chemicals, or waxing, or by the use of devices and appliances of any kind or description, except by the use of lasers or light waves, which are commonly known as rays.

50

90

	MINIMUM HOURS	MINIMUM PROCEDURES
Advanced Wellness Modalities for Face Includes, but is not limited to: Microcurrent/EMS, LED treatments for acne, rejuvenation Lifting/Peptide Anti-Aging Facials, Oxygen Anti-Aging Treatments, Oxygen Anti-Acne Treatments, Dermabrasion Infusion, Lymphatic Drainage Facial Massage Techniques, Chemical Peels	100	15
Body/Anti Cellulite Treatments Includes, but is not limited to: Back and body treatments, Polishes, Wraps.	25	5
Eyelash Extensions Includes, but is not limited to: Understanding Hair Growth, Eyelash Extension Materials and Tools, Adhesive Chemistry and Toxicology, Application Methods, Health and Safety, Efficacy of Lash Extensions Health and Safety	25	10
Advanced Brow Enhancement Includes, but is not limited: Brow shaping utilizing hair removal, Brow Stenciling	10	10
Aromatherapy Includes, but is not limited: Understanding the use and application of essential oils, how it is used in esthetics treatments, benefits to physical and mental health.	15	5
Oncology Esthetics An intensive program to give you the foundational skills to safely and confidently work on clients who are undergoing treatment for cancer or are post treatment for cancer.	25	10
CBD Wellness Workshop Includes, but is not limited to: The Endocannabinoid System, Terpenes, Cannabis, Broad Spectrum versus Full Spectrum and the benefits of CBD	25	5
Business Skills Includes, but is not limited to: Professional communication skills, public speaking and presentation skills, 3 R's (Retail, Rebooking, Retention), vision board and business Plan Creation-Build	35	
Additional Training Industry Icon interviews, live presentations in class from specialized vendors and spa owners, opportunities to visit spas.	40	

GRADING POLICY:

Bellus Academy's course provides education and training in the areas associated with skills needed to graduate that are measured by course objectives. 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 after each section of the program has been completed. Individual tutoring, if needed, is available in preparation for the state exam. Grading to evaluate learning objectives via distance education theory is primarily through tests. 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 and are available on the Bellus App 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

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

CLASS AVAILABILITY

Classes are conducted, in residency and online, Monday through Friday from 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. Please see the Class Start Calendar in the Catalog for Start dates.

REQUIRED TEXTS AND ACCESS

Hardware and software to access Pivot Point LAB digital textbook for Esthetics and Workbook: 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.

INSTRUCTIONAL MATERIAL is updated periodically and includes textbooks and equipment required for successful completion of the program.

When the kit, its contents, and the textbooks have been issued to the student, they become the financial and personal responsibility of that student. Kit supplies may vary due to manufacturer availability.

Note: The academy provides sufficient supplies and informational material to each student to reinforce their learning. Such materials are issued based on instructional subject areas.