

# ESTHETICIAN COURSE OUTLINE

**TEXTS:** Milady's Standard Esthetics Fundamentals Textbook  
Milady's Standard Esthetics Fundamentals Theory Workbook  
Milady's Standard Esthetics Fundamentals Exam Review

**COURSE DESCRIPTION:** The primary purpose of the Esthetician Course is to train the student in the basic manipulative skills, safety judgments, proper work habits, and desirable attitudes necessary to pass the State Board examination and for competency in job entry-level positions as an Esthetician or related career avenue. The program is a 600 clock hour course.

**COURSE OBJECTIVES:** Upon completion of the course training and all course requirements, the determined graduate will be able to:

1. Project a positive attitude and a sense of personal integrity and self-confidence.
2. Practice proper grooming and effective communications skills and visual poise.
3. Understand employer–employee relationships and respect the need to deliver worthy service for the value received.
4. Perform the basic manipulative skills required for facial massage, effective use of required implements and equipment, proper application of corrective makeup, unwanted hair removal, and lash/ brow tinting.
5. Apply the theory, technical information, and related matter to assure sound judgments, decisions, and procedures.

To ensure continued career success, the graduate will continue to learn new and current information related to techniques, trends, fashions, and methods for career development in esthetics and related career positions.

**GRADING PROCEDURES:** Students are assigned theory study and a minimum number of practical experiences. Theory is evaluated after each unit of study. Practical assignments are evaluated as completed and counted toward course completion only when rated as satisfactory. If the performance does not meet satisfactory requirements, it is not counted and the performance must be repeated. At least two comprehensive practical skills evaluations will be conducted during the course of study. Practical skills are evaluated according to text procedures and performance standards established by the state licensing agency and are set forth in practical skills evaluation criteria adopted by the school. Students must maintain a theory grade average of 75% or greater and pass a FINAL written and practical exam prior to graduation. Students must make up for failed or missed tests and incomplete assignments. Numerical grades are considered according to the following scale:

Written:	90-100	EXCELLENT	Practical:	90-100	EXCELLENT
	80-89	VERY GOOD		80-89	VERY GOOD
	70-79	SATISFACTORY		70-79	SATISFACTORY
	BELOW 70	FAILING		BELOW 70	FAILING

**INSTRUCTIONAL METHODS:** The clock-hour education is provided through a sequential set of learning steps that address specific tasks necessary for State Board preparation, graduation, and entry-level job skills. Clinic equipment, implements, and products are comparable to those used in the industry. The course is presented through comprehensive lesson plans that reflect effective educational methods. Subjects are presented by means of lecture, demonstration, and interactive student participation. Audiovisual aids, guest speakers, field trips, projects, activities, and other related learning methods are used for course delivery.

**REFERENCES:** A comprehensive library of references, periodicals, books, texts, and audio/video tapes are available to support the course of study and supplement the students' training. Students should avail themselves of the opportunity to use these extensive materials.

**UNITS OF INSTRUCTION AND HOURS:** Health, sanitation, infection control, chemistry, electricity, anatomy and physiology, the use and safety of products, and the use and safety of tools and equipment are included in both theory and practical study within the applicable units of study. In addition, students learn career and employment information including professional ethics, effective communications and human relations, compensation packages and payroll deductions, and the fundamentals of business management applicable to the program.

Subject	Hours
---------	-------

<b>BACTERIOLOGY, STERILIZATION, SANITATION AND SAFETY:</b>	<b>80</b>
--	-----------

General salon/clinic safety; first aid; hazardous materials communications; local, state, and federal safety codes; salon/clinic rules and regulations. Types and classifications; bacterial growth and reproduction; bacterial infections and their prevention; immunity and body defenses; methods of infection control; physical and chemical agents

<b>SCIENCES: HISTOLOGY, DERMATOLOGY and PHYSIOLOGY OF THE SKIN:</b>	<b>180</b>
---	------------

**ANATOMY, PHYSIOLOGY, AND NUTRITION:** Cells, tissues, and organs; body systems; importance of water; nutrition for healthy skin and longevity

**STRUCTURE AND FUNCTIONS OF THE SKIN:** Physiology and histology of the skin; structure and functions of the skin; hair structure and functions with appendages; relation to esthetics (nails, sebaceous glands, and sweat glands)

**CHEMISTRY:** Chemistry and matter as related to esthetics; chemical reactions and solutions/elements; compounds and mixtures/biochemistry; the pH scale

**CHEMISTRY AS APPLIED TO COSMETICS:** Cosmetics; skin care products; massage creams and oils, ampoules, scrubs, new technologies; FDA laws governing cosmetics and cosmetic safety

**ELECTRICITY AND MACHINES:** Electricity and its effects on the skin; galvanic current for chemical (desincrustation) and ionic iontophoresis; high-frequency current; use of magnifying lamp, Wood's lamp; use of brushing, spray, suction machines; use of vaporizer, pulverizador, hot towel cabinet; paraffin unit; electric mittens, booties, and face mask

**MAKEUP TECHNIQUES:** Color analysis; morphology of the face; product knowledge, chemistry, and related composition; eyebrow contouring.

**FACIAL TREATMENTS:**

**200**

Client preparation; skin analysis and consultation; skin types; skin conditions and disorders; facial procedures; facial treatments with or without machines; overview of aromatherapy and manual lymphatic drainage for the face and neck; product recommendation

**MAKEUP APPLICATION:** corrections and contouring; false eyelashes; eyelash and eyebrow tinting; further training required for advanced techniques

**NON-PERMANENT HAIR REMOVAL:**

**40**

Theoretical overview of permanent methods (electrolysis, thermolysis,blend); temporary methods of hair removal (manual tweezing, depilatory lotions,waxing, strip & non-strip) Body exfoliation; back treatments; use of products to enhance skin appearance; training required for advanced body techniques such as aromatherapy, manual lymphatic drainage, water therapies

**SALON DEVELOPMENT:**

**60**

Business operation; site planning and design; accounting, inventory, and sales tax; payroll regulations; ethics and professional conduct; communication skills; retailing techniques; marketing (advertising, retailing, and promotion); customer relations

**JOB SKILLS:** Resume; interviews; letter writing; licensing regulations; job attitudes; professional organizations; continuing education; industry trade shows, magazines; career opportunities

**COSMETOLOGY LAW, RULES AND REGULATIONS:**

**40**

**TOTAL HOURS**

**600**

**Overtime Charges:**

Each course/program has been scheduled for completion in an allotted amount of time. A grace period of 10% has been added to each program's calculated completion date. If a student does not graduate within the contract period, any additional training will be billed at the hourly rate of \$11.00 per hour.