



COURSE OUTLINE: EST118 - SKINCARE PRACTICAL I

Prepared: Silvana Bassanello

Approved: Karen Hudson, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	EST118: FUNDAMENTALS OF SKIN CARE - PRACTICAL I
Program Number: Name	2017: ESTHETICIAN
Department:	ESTHETICIAN
Academic Year:	2023-2024
Course Description:	This course will introduce students to customized skin treatments and advanced, condition specific, anti aging skin treatments. Phases of a facial procedure and practical instruction will include: The Cleansing Technique, skin analysis and facial record, exfoliation techniques, extractions, face neck and decolette massage, masking procedures and the application of treatment creams. Practical instruction also includes the application of specialized esthetic equipment. Theoretical knowledge of the physiology of the skin, skin types and skin conditions, as well as, classifications of skincare products are essential for client consultation, skin analysis, and product selection. Students are introduced to the NatureMed Professional product line, as well as, a wide variety of cleansers, tonic lotions, exfoliants, masks and treatment creams. Client consultation and record keeping is emphasized.
Total Credits:	6
Hours/Week:	6
Total Hours:	84
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	EST119
This course is a pre-requisite for:	EST166, EST167, EST168
Vocational Learning Outcomes (VLO's) addressed in this course:	2017 - ESTHETICIAN
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs (including and not limited to facials, manicures, pedicures, hair removal, and make up applications).
	VLO 2 Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.
	VLO 3 Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.
	VLO 4 Adhere to health, safety, sanitation, and infection and prevention control guidelines, according to current legislation and national, provincial, municipal, and industry standards and regulations.
	VLO 5 Identify business skills and activities required for the successful establishment and operation of a small esthetic business in a salon or spa environment.
	VLO 6 Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.



	<p>VLO 7 Establish and maintain professional relationships in adherence to standards and ethics associated with the profession.</p> <p>VLO 8 Develop customer service strategies that meet and adapt to individual needs and expectations in accordance with professional standards and ethics.</p> <p>VLO 9 Determine professional development strategies that lead to the enhancement of work performance and career opportunities and keep pace with industry change.</p>				
Essential Employability Skills (EES) addressed in this course:	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>				
Course Evaluation:	<p>Passing Grade: 50%, D</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>				
Other Course Evaluation & Assessment Requirements:	<p>EST118 and EST119 are co-requisite courses.</p> <p>As a practical/hands-on course, an 80% participation record must be maintained throughout the semester in order to be successful in this course. The health and safety of all students is of great importance with any practical course and instruction.</p>				
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Perform a customized skin treatment. Working confidently and independently through each phase of a professional skin treatment.</td> <td> <p>1.1 Prepare a treatment room and workstation for a facial treatment using aseptic procedures specifically with the preparation of the facial bed, esthetic equipment, hot towels, magnifying lamp, appropriate NatureMed skincare products, disposable supplies and client history and skin analysis forms.</p> <p>1.2 Prepare a client for a treatment and conduct an initial client consultation.</p> <p>1.3 Conduct an in depth skin analysis and record the observations and the client's health history to determine service expectations, customized treatments, modifications or contraindications to treatments and products.</p> <p>1.4 Perform an effective cleansing technique.</p> <p>1.5 Perform an effective skin analysis and make the notations on a skin analysis chart.</p> <p>1.6 Determine and apply an effective exfoliation treatment based on the information gathered from a skin analysis.</p> <p>1.7 Perform a safe and effective extractions treatment applying the necessary disinfection protocol.</p> <p>1.8 Perform a facial, neck and decollete massage treatment.</p> </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Perform a customized skin treatment. Working confidently and independently through each phase of a professional skin treatment.	<p>1.1 Prepare a treatment room and workstation for a facial treatment using aseptic procedures specifically with the preparation of the facial bed, esthetic equipment, hot towels, magnifying lamp, appropriate NatureMed skincare products, disposable supplies and client history and skin analysis forms.</p> <p>1.2 Prepare a client for a treatment and conduct an initial client consultation.</p> <p>1.3 Conduct an in depth skin analysis and record the observations and the client's health history to determine service expectations, customized treatments, modifications or contraindications to treatments and products.</p> <p>1.4 Perform an effective cleansing technique.</p> <p>1.5 Perform an effective skin analysis and make the notations on a skin analysis chart.</p> <p>1.6 Determine and apply an effective exfoliation treatment based on the information gathered from a skin analysis.</p> <p>1.7 Perform a safe and effective extractions treatment applying the necessary disinfection protocol.</p> <p>1.8 Perform a facial, neck and decollete massage treatment.</p>
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	<p>1.9 Determine and apply an effective mask treatment.</p> <p>1.10 Determine and apply the effective treatment creams to best treat the client skin care needs.</p> <p>1.11 Determine contraindications and / or modifications to treatment based on information gathered from client consultation and skin analysis.</p> <p>1.12 Integrate ergonomically correct methods of providing esthetic services to ensure a healthy physical state.</p> <p>1.13 Integrate machines and electrical equipment such as facial steamer safely and appropriately while providing skin care treatments and determine any maintenance requirements for equipment.</p> <p>1.14 Apply knowledge of the structure and composition of the skin, identifying skin types, skin conditions and disorders and related conditions.</p> <p>1.15 Apply knowledge of the body systems, such as immune and circulatory systems and apply their basic functions to the provision of skin care treatments, taking into account contraindications, cautions and appropriate modifications.</p> <p>1.16 Integrate aseptic measures during treatments</p> <p>1.17 Clean and either disinfect or sterilize tools, specialized equipment, and client draping materials after each use, keep workstations clean and safely dispose of single use items in accordance with Algoma Public Health regulations.</p> <p>1.18 Handle and dispose of disinfection chemicals safely by referring to M.S.D.S. data.</p>
Course Outcome 2	Learning Objectives for Course Outcome 2
Effectively select, apply and promote a variety of professional skincare products including but not limited to the NatureMed Professional Skincare line.	<p>2.1 Identify the classifications of professional skin care products and effectively apply a variety of NatureMed products.</p> <p>2.2 Identify specific ingredients within each classification to determine benefits / contraindications for the client.</p> <p>2.3 Apply and prepare a wide variety of products available in order to gain a superior skill for product selection when providing effective modifications to treatments.</p> <p>2.4 Identify skin types and skin conditions on a skin analysis form.</p> <p>2.5 Consult with and recommend essential home maintenance products in order to maintain the health of skin.</p> <p>2.6 Promote the features and benefits of esthetic products and services to clients to assist them in determining a course of action matched to their needs, lifestyle, and personal preferences.</p> <p>2.7 Determine a home maintenance schedule and demonstrate to the client the correct usage of various skin care products.</p> <p>2.8 Select and recommend esthetic products taking into account health status and identified needs.</p> <p>2.9 Demonstrate effective record keeping.</p>
Course Outcome 3	Learning Objectives for Course Outcome 3
Conduct a client health history consultation and	3.1 Conduct an initial first impression analysis, a thorough skin analysis during treatment and a post service analysis.



	effectively record information on a skin analysis and facial record.	<p>3.2 Apply the safe and appropriate use of skin analysis equipment.</p> <p>3.3 Analyze information recorded on client health history form.</p> <p>3.4 Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.</p> <p>3.5 Assess the impact of general health, age, gender, nutrition, stress and external environmental factors on the skin and determine an appropriate skin care treatment.</p> <p>3.6 Contribute to the maintenance of client documents and records by accurately recording information and filing confidential client information.</p> <p>3.7 Elicit appropriate information in order to recommend a range of customized esthetic services.</p> <p>3.8 Effectively complete a facial record by noting all required and necessary information.</p>
	Course Outcome 4	Learning Objectives for Course Outcome 4
	Effectively perform an advanced facial, neck, décollette and scalp relaxation massage.	<p>4.1 Demonstrate with proficiency the 5 classic massage movements.</p> <p>4.2 Demonstrate, with proficiency, fluidity, appropriate speed, pressure, and technique.</p> <p>4.3 Discuss the benefits of the 5 classic massage movements.</p> <p>4.4 Locate specific muscles and nerves of the face, neck and decolette.</p> <p>4.5 Locate pressure points which induce relaxation when manipulated</p>
	Course Outcome 5	Learning Objectives for Course Outcome 5
	Adhere to the health, safety, sanitation and infection control guidelines according to industry standards in compliance with local Public Health regulations.	<p>5.1 Understand basic information about bacteria, viruses, blood borne pathogens and parasites.</p> <p>5.2 Differentiate between critical, semi critical and non critical items.</p> <p>5.3 Recognize contraindications to esthetic treatments due to health and safety concerns and when to refer to a physician.</p> <p>5.4 Identify various disinfectants and use safely and effectively based on M.S.D.S data.</p> <p>5.5 Demonstrate safe and effective cleaning and either disinfection or sterilization methods during and after skin treatments for instruments, specialized equipment, client draping material, work surfaces and work stations as required by Algoma Public Health.</p> <p>5.6 Maintain and store all instruments, materials and supplies according to manufacturer’s guidelines and as required by Algoma Public Health.</p> <p>5.7 Dispose of all single use items as required by Algoma Public Health.</p> <p>5.8 Wear gloves, mask, eye protection and other suitable personal protective equipment appropriately during the treatment to ensure the health and safety of yourself and others.</p> <p>5.9 Handle hazardous material and dispose of all waste and</p>

	chemical materials in compliance with manufacturer's guidelines specific to M.S.D.S. data.
Course Outcome 6	Learning Objectives for Course Outcome 6
Perform, with proficiency, an advanced, condition specific, anti aging facial treatment.	<p>6.1 Prepare a workstation.</p> <p>6.2 Identify common signs and symptoms of aging skin and effectively record on a skin analysis.</p> <p>6.3 Select appropriate products to incorporate in each phase of the treatment.</p> <p>6.4 Apply esthetic equipment effectively including the steamer, galvanic iontophoresis and indirect hi frequency.</p> <p>6.5 Apply an effective face, neck, décollette massage.</p> <p>6.6 Apply an advanced setting mask.</p> <p>6.7 Determine future treatment protocol.</p> <p>6.8 Comply with infection control, sanitation and disinfection protocol.</p>
Course Outcome 7	Learning Objectives for Course Outcome 7
Reflect the professional image and conduct necessary for success by adhering to the standards and ethics associated with the esthetic industry.	<p>6.1 Comply with the Policies and Procedures developed by the Esthetician Diploma Program and adhere to the professional expectations for dress, hygiene and grooming.</p> <p>6.2 Adhere to Sault College policies outlined in the Student Code of Conduct regarding behaviour inside and outside of the classroom.</p> <p>6.3 Adhere to the code of ethics associated with the esthetic practice.</p> <p>6.4 Demonstrate accountability for your academic and professional growth by soliciting constructive feedback relating to one's own performance, strengths and limitations.</p> <p>6.5 Determine current trends and issues impacting the esthetic industry.</p> <p>6.6 Review the role of professional associations affiliated with the esthetic industry.</p> <p>6.7 Demonstrate positive and effective interpersonal, verbal, and non-verbal communication skills when dealing with peers, faculty and clients.</p> <p>6.8 Demonstrate punctual attendance to all classes and be prepared with all necessary materials for each class.</p> <p>6.9 Maintain an 80% participation record throughout the semester.</p> <p>6.10 Clean and either disinfect or sterilize all instruments, client draping materials and makeup supplies after each use. Keep workstations neat and clean during and after each makeup application.</p>
Course Outcome 8	Learning Objectives for Course Outcome 8
Employ the safe and appropriate use of esthetic equipment including the facial steamer, high frequency, galvanic procedures including	<p>9.1 Knowledge of the structure and composition of the skin.</p> <p>9.2 Identify skin types, their characteristics, treatment concepts and contraindications.</p> <p>9.3 Identify skin conditions, characteristics, treatment concepts and contraindications.</p> <p>9.4 Modify skin treatments related to contraindications to</p>



	iontophoresis.	esthetic procedures. 9.5 Discuss the benefits to applying specialized esthetic equipment. 9.6 Employ proper sanitation, disinfection and sterilization procedures for all electrotherapy equipment as outlined by Algoma Public Health. 9.7 Maintain and store all equipment and supplies according to manufacturer's guidelines and Algoma Public Health recommendations
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Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Cleansing Technique	10%
Condition Specific Anti Aging Skin Treatment	25%
Customized Facial Treatment	25%
Facial Massage Practical	25%
Product Knowledge Theory Test	15%

Date: June 26, 2023

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.