

# SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

## COURSE OUTLINE

**COURSE TITLE:** Skin Care Practical Lab I  
**CODE NO. :** EST 141    **SEMESTER:** 1  
**PROGRAM:** Esthetician's Diploma Program  
**AUTHOR:** Silvana Bassanello  
**DATE:** Sept 2006            **PREVIOUS OUTLINE DATED:** Sept 2005

**APPROVED:**

	_____	_____
	DEAN	DATE
<b>TOTAL CREDITS:</b>	5	
<b>PREREQUISITE(S):</b>	None	
<b>HOURS/WEEK:</b>	5	

**Copyright ©2006 The Sault College of Applied Arts & Technology**

*Reproduction of this document by any means, in whole or in part, without prior written permission of Sault College of Applied Arts & Technology is prohibited.*

*For additional information, please contact the Dean,*

*School of Health and Human Services*

*(705) 759-2554, Ext. 2603*

**I. COURSE DESCRIPTION:**

This course will provide students with the opportunity to apply the techniques of skin care in a laboratory setting. Students will acquire skills in client consultation, record keeping, skin analysis, mask procedures and basic facial massage techniques.

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

Upon successful completion of this course, the student will demonstrate the ability to:

1. Demonstrate the professional image and conduct necessary for success in the esthetic industry.

Potential Elements of the Performance:

- demonstrate punctual and regular attendance in all classes
- comply with the Policies and Procedures developed by the Esthetician's Diploma Program regarding physical appearance and dress code
- adhere to policies outlined in the Student Code of Conduct regarding behaviour
- demonstrate accountability for your own academic and professional growth
- demonstrate effective communication skills
- demonstrate the proper procedures with the sanitation, disinfection and sterilization of supplies and equipment to ensure the health and safety of ourselves and others

2. Prepare a treatment room for a professional esthetic service.

Potential Elements of the Performance:

- demonstrate the appropriate use and set up of esthetic equipment, especially the facial bed, esthetician's stool, magnifying lamp, utility cart, steamer, wood's lamp, towel warming cabinet, skin care products and supplies, and skin analysis and consultation records
- ensure all linens are washed after each use and ready for use for all Practical Lab I classes
- prepare appropriate skin care products for facial treatment as determined by client consultation and skin analysis
- show initiative when preparing work stations and with end of the day clean up routines

## 3. Conduct a client consultation.

Potential Elements of the Performance:

- identify the five skin types and their characteristics
- recognize and demonstrate knowledge of skin conditions, treatment concepts and contraindications
- product knowledge of NatureMed skin care products
- recognize characteristics of ethnic skin
- analyze internal and external factors which affect the skin
- record information on charts noting the skin analysis, type of treatment, client consultation information, NatureMed skin care products used and any equipment
- maintain a tidy work station
- conduct routine skin analysis tests which measure elasticity, tone, texture and circulation
- employ the safe and appropriate use of all esthetic equipment

## 4. Demonstrate a thorough knowledge and understanding of NatureMed skin care products.

Potential Elements of the Performance:

- use the appropriate products for each facial treatment as determined by the skin analysis and client consultation
- demonstrate an understanding of ingredient technology
- knowledge of the 5 classifications of skin care products and the variety and names of all the specific NatureMed products
- knowledge of important elements when choosing a professional product line

## 5. Perform a mini facial treatment in 30 minutes

Potential Elements of the Performance:

- knowledge of the procedures in a mini facial
- identify the 5 classifications of skin care products, their variations and benefits for each skin type
- demonstrate, with proficiency, makeup removal on eyes and lips
- demonstrate proficiency with the facial cleansing technique
- demonstrate the appropriate use of toners, various exfoliating techniques, appropriate use of hot towels, proper mask application and removal and the proper application of treatment creams and moisturizers
- demonstrate proper set up procedures and maintain a tidy work station
- employ the aseptic procedure when using esthetic products
- practice proper clean up, sanitation, disinfection and sterilization procedures following a facial treatment

6. Perform basic massage techniques.

Potential Elements of the Performance:

- demonstrate various hand strengthening exercises
- demonstrate classic massage movements including: effleurage, petrissage, vibration, friction and tapotement
- perform massage effectively using even tempo, accurate pressure and rhythm and by keeping hands in contact with the skin
- discuss the benefits of massage movements for particular skin types
- perform massage movements using indirect galvanic current

### III. TOPICS:

1. Client Consultation
2. Skin Analysis
3. Skin Types and Skin Conditions
4. Preparing Treatment Rooms
5. Draping the Client
6. The Mini Facial
7. The Cleansing Technique
8. Basic Massage Techniques
9. Specialized Mask Applications and Removal
10. Esthetic Equipment
11. NatureMed Skin Care Product Knowledge
12. Sanitation, Disinfection and Sterilization of Equipment and Supplies

### IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Standard Comprehensive Training For Estheticians by J. D'Angelo, P. Dean, S. Dietz, C. Hinds, M. Lees, E. Miller, A. Zani (2003) Milady (with workbook)

### V. EVALUATION PROCESS/GRADING SYSTEM:

**Test # 1 20%**  
Makeup Removal  
Cleansing Technique

**Test #2 10%**  
Eyebrow and Eyelash Tinting

**Test # 3 20%**  
Minifacial

**Test #4 30%**  
**Minifacial Final**

**Assignment 20%**  
Ergonomics and the Esthetic Industry

**Attendance**

An unsatisfactory grade will be assigned if:

1. Missing a maximum of 9 hours of practical class
2. Overriding principles of the esthetic industry are not consistently demonstrated
  - Proper hand washing
  - Proper sanitation, disinfection and sterilization procedures for work surfaces, supplies and instruments
  - Proper professional image
3. Consistency with practice is not demonstrated

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

**Note:** For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

**VI. SPECIAL NOTES:**Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in the *Student Code of Conduct*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

**VII. PRIOR LEARNING ASSESSMENT:**

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

**VIII. DIRECT CREDIT TRANSFERS:**

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.