

I. COURSE DESCRIPTION:

This comprehensive course brings together all of the knowledge and skills acquired to this point in the program by students. This course will take students through professional client consultation and needs analysis to the provision of a total spa experience and a variety of body treatments. Students will learn about the history of spas and learn about hydrotherapy equipment and spa products.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Conduct a client consultation and analyze client needs

Potential Elements of the Performance:

- Demonstrate effective communication skills in a professional and confidential manner
- Demonstrate knowledge of client modesty
- Identify contraindications to various body treatments
- Explain any possible side effects to the treatment
- Recommend home care

2. Prepare a treatment area for various body treatments

Potential Elements of the Performance:

- Prepare the supplies needed for the treatment
- Follow step by step set up procedure according to body treatment being performed

3. Perform a relaxing full body Swedish massage

Potential Elements of the Performance:

- Describe the benefits and contraindications of massage
- Show an understanding of client modesty
- Demonstrate draping procedures
- Follow step by step Swedish massage procedure
- Perform body massage techniques
- Establish routine and rhythm
- Maintain order of massage
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

4. Incorporate aromatherapy into the Swedish massage and various body treatments

Potential Elements of the Performance:

- Describe the benefits and contraindications of various essential oils
- Prepare various essential oil blends
- Perform a Swedish massage with essential oils
- Perform a variety of body treatments with essential oils

5. Perform a Salt Glow Body Exfoliation

Potential Elements of the Performance:

- Describe the benefits and contraindications of a Salt Glow
- Prepare the treatment area
- Prepare the salt glow mixture
- Demonstrate draping procedures
- Perform salt glow exfoliation
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

6. Perform a Back Facial Treatment and a Back Massage

Potential Elements of the Performance:

- Describe the benefits and contraindications of a Back Facial
- Prepare the treatment area
- Follow step by step procedure for a back facial
- Follow step by step procedure for the back massage
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

7. Perform a Mud Body Wrap Treatment

Potential Elements of the Performance:

- Describe the benefits and contraindications of mud treatments
- Prepare the treatment area
- Demonstrate draping procedures
- Follow step by step procedure for a body wrap
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

8. Perform a Parafango Body Treatment

Potential Elements of the Performance:

- Describe the benefits and contraindications of a Parafango treatment
- Prepare the treatment area
- Demonstrate draping procedures
- Follow step by step procedure for a Parafango Body treatment
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

9. Perform a Seaweed-Algae Body Wrap

Potential Elements of the Performance:

- Describe the benefits and contraindications of Seaweed-Algae treatments
- Prepare the treatment area
- Demonstrate draping procedures
- Follow step by step procedure
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

10. Perform a Spa Manicure and Pedicure

Potential Elements of the Performance:

- Perform basic manicure and pedicure procedures
- Follow step by step procedures for exfoliation and mask
- Incorporate Electric Mitts and Boots into procedure
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

11. Describe different types of Hydrotherapy equipment

Potential Elements of the Performance:

- Describe different types of water therapies and their purposes
- Describe the importance of sanitation and hygiene

12. Perform Cellulite Spot Treatments

Potential Elements of the Performance:

- Describe the causes of cellulite and problem areas
- Perform cellulite spot treatments with special creams, aromatherapy, and masks
- Perform a massage using a blend of essential oils for cellulite
- Maintain a safe and sanitary work area
- Follow clean up and sanitation procedures

III. TOPICS:

1. The Value of Body Services

- Client Health
- Body Treatment Principles
- Hydrotherapy
- Techniques For Body Treatments
- Body Masks and Wraps
- Aromatherapy

2. Body Treatments

- Client Charting and Consultation
- Body Treatments
- Spot Treatments
- Paraffin
- Combination Services, Packages, and Marketing
- Body Massage
- Shiatsu, Reflexology, and Similar Energy
- Home Care

III. TOPICS:

3. Swedish Massage
4. Aromatherapy
5. Spa Manicure and Pedicures
6. Salt Glow
7. Cellulite Treatments
8. Parafango
9. Back Facial
10. Mud Wraps
11. Seaweed Wraps

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Comprehensive Training For Estheticians, Text, Workbook and Procedure Handouts

2 Dark Colored Sheets, 2 Large Dark Bath Towel, 4 Dark Hand Towels and Friction Gloves

V. EVALUATION PROCESS/GRADING SYSTEM:

Theory Tests	50%
Swedish Massage	40%
Attendance and Participation	10%

Please Note: Being absent for more than 3 Spa Treatment classes will result in an automatic "0" for the Attendance and Participation grade.

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	0.00

V. EVALUATION PROCESS/GRADING SYSTEM:

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.

Communication:

The College considers Web CT/LMS as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the Learning Management System communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *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 Chair's assistant. Students will be required to provide a transcript and course outline related to the course in question.