

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE: Practical Esthetic Lab

CODE NO. : EST 201 **SEMESTER:** 3

PROGRAM: Esthetician

AUTHOR: Doreen MacFarlane

DATE: May 2012 **PREVIOUS OUTLINE DATED:** May 2011

APPROVED: "Angelique Lemay" Apr/12

DEAN

DATE

TOTAL CREDITS: 6

PREREQUISITE(S): Semester I and II Courses

HOURS/WEEK: 4

Copyright © 2012 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 Angelique Lemay, Dean
School of Community Services and Interdisciplinary Studies

I. COURSE DESCRIPTION:

Various esthetic techniques taught in first and second semesters will be reviewed. These esthetic services include advanced facial treatments, spa manicures and pedicures, nail art, speed waxing, makeup application, eyelash application and eyelash and eyebrow tinting. Students will be introduced to hair removal with body sugaring and also to the application of gel nails, which will include tips, sculpting and overlays. Students are expected to complete one full set of gel nails.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

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).

Potential Elements of the Performance:

- 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
 - Perform advanced facials
 - Use and describe advantages and disadvantages of various mediums and techniques required for safe removal of excess body and facial hair such as hard and soft waxes, sugaring and tweezing
 - Perform and customize hand and foot treatments and the complete steps of a professional manicure and pedicure, and explain to the client required modifications and procedures for effective home maintenance
 - Carry out procedures and precautions in the application, maintenance and removal of gel nails, tips, sculpting and overlays
 - Apply makeup according to client needs and preferences
 - Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history
2. Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies and procedures.

Potential Elements of the Performance:

- Use safe and effective cleaning and either disinfection or sterilization methods for instruments, specialized equipment, client draping materials, work surfaces, and work stations as required by local public health units
- Use machines and electrical equipment such as facial steamers, brushing machine, high frequency and galvanic machines safely and appropriately while conducting professional body and skin care treatments
- Use manicure and pedicure instruments in a safe, correct, and professional manner, considering client health history and needs
- Correctly operate and determine maintenance requirements for equipment in compliance with occupational health and safety legislation, regulations, national and provincial infection prevention and control guidelines, policies and procedures
- Maintain and store all instruments, materials and supplies according to manufacturer's guidelines and as required by local public health units

3. Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.

Potential Elements of the Performance:

- Apply knowledge of the structure and composition of the skin, identifying skin types, skin disorders, and related conditions
 - Assess the impact of general health, age, gender, nutrition, and diet, stress, and external environmental factors on the skin and determine appropriate skin care treatments
 - Apply knowledge of body systems, such as immune and circulatory systems, and apply their basic functions to the provision of esthetic services, taking into account contraindications, cautions, and appropriate modifications
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.

Potential Elements of the Performance:

- Use safe cleaning and either disinfection or sterilization methods during treatments, in accordance with national, provincial, and municipal regulations, and manufacturer's guidelines
 - Clean and either disinfect or sterilize tools after each use, keep work stations clean, and safely dispose of non reusable items, in accordance with proper hygiene procedures as required by local public health units
 - Use gloves, mask, eye protection, and other suitable personal protective equipment appropriately during the provision of treatments to ensure safety of the client and others
 - Seek out information and follow guidelines pertaining to occupational health and safety legislation, regulations, established policies and procedures, and relevant municipal by laws
 - Handle hazardous materials and dispose of waste and equipment in compliance with current legislation, municipal by laws, regulations, standards, and established policies and procedures
5. Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.

Potential Elements of the Performance:

- Take into account skin types and conditions to recommend to clients specific ingredients in esthetic products and appropriate treatments for each skin type and condition
- Identify the properties, classifications, effects, and contraindications of a variety of ingredients found in esthetic products
- Consult with and recommend to clients essential home maintenance products in order to maintain the health of the skin
- 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
- Explain a home maintenance schedule and demonstrate to the client the correct usage of various skin care products
- Explain to the client the benefits and effects of ingredients used in body and skin care

6. Establish and maintain professional relationships in adherence to standards and ethics associated with the profession.

Potential Elements of the Performance:

- Adhere to professional expectations for dress, hygiene, and grooming (Esthetician Diploma Program Policies and Procedures)
 - Adhere to the Code of Ethics associated with the Esthetic Industry
 - Comply with the Student Code of Conduct regarding behavior
 - Comply with the terms of the Confidentiality Agreement
 - Demonstrate punctual and regular attendance
 - Demonstrate accountability for your academic and professional growth
 - Employ effective interpersonal, verbal, and non verbal communication skills in dealing with clients, peers, supervisors and professors
 - Conduct a professional client consultation and needs analysis and elicit appropriate information in order to recommend a range of customized esthetic services
 - Comply with and promote municipal, provincial, and federal regulations related to Esthetician licensing, insurance, registration, and certification, where appropriate
7. Determine professional development strategies that lead to the enhancement of work performance and career opportunities and keep pace with industry change.

Potential Elements of the Performance:

- Solicit constructive feedback relating to one's performance, strengths, and limitations to identify areas for professional growth and development
- Determine current trends and issues impacting upon the delivery of esthetic services
- Review the role and mandate of professional associations affiliated with the esthetician field of practice
- Identify learning resources and opportunities which promote professional competence and skill development

III. TOPICS:

1. Body Sugaring
2. Gel Nails, Tips, Sculpted and Overlays
3. Regular and French Polish Applications
4. Nail Art
5. Spa Manicures
6. Spa Pedicures
7. Speed Waxing
8. Brazilian Bikini Waxing
9. Advanced Facial Treatments
10. AHA Facial Treatments
11. Eyebrow and Eyelash Tinting
12. Makeup Application
13. Sunless Spray Tanning
14. LED and Kinelift Skin Treatments
15. Microdermabrasion Skin Treatments

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Handouts, texts and supplies from previous semesters.

V. EVALUATION PROCESS/GRADING SYSTEM:

- Minimum 80% attendance record
- Students will complete the service announced for class that day. This will be evaluated and logged by the professor at the end of each class in order to properly assess your progress.
- Weekly treatments will be assessed as Satisfactory or Unsatisfactory.
- Students demonstrating unsatisfactory treatments will be assigned mandatory remedial work.
- Evaluation of all treatments will be progressive throughout the semester.
- Any student who demonstrates a consistent lack of satisfactory work with all treatments assigned, will be assigned an unsatisfactory grade of U as a final grade. U as a final grade will be a failing 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	
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.	

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.

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.