

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



COURSE OUTLINE

COURSE TITLE:	Advanced Spa Techniques and Body Therapies		
CODE NO. :	EST 210	SEMESTER:	3
PROGRAM:	Esthetician		
AUTHOR:	Roya Ghassemkani		
DATE:	May 2016	PREVIOUS OUTLINE DATED:	May 2015
APPROVED:	"Angelique Lemay"		May/16
	_____		_____
	DEAN		DATE
TOTAL CREDITS:	7		
PREREQUISITE(S):	Semester I and II Courses		
HOURS/WEEK:	7		

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I. COURSE DESCRIPTION:

This comprehensive course brings together all of the knowledge and skills acquired from Semester I and II. This course will take students through professional client consultation and needs analysis to the provision of a total spa experience with non-therapeutic relaxation body massage, relaxation hot stone massage and a variety of body treatments and hydrotherapy equipment. Students will also be introduced to the application of acrygel, body spray tanning, LED advanced acne treatment and microdermabrasion.

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.

Potential Elements of the Performance:

- Conduct a professional client consultation and analyze client needs
 - Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history
 - Prepare a treatment bed and a work station for a variety of body treatments and demonstrate draping procedures
 - Perform a variety of body care treatments such as non-therapeutic relaxation massage, relaxation hot stone massage, exfoliation, peeling, body wraps, cellulite spot treatments and bust and back treatments and describe the effects and benefits of each treatment
 - Describe different types of water therapies that can be used in specialized salons
 - Incorporate basic aromatherapy into non therapeutic relaxation massage and various body treatments
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 safely and appropriately while conducting professional body care treatments
- 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 no-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. Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs.

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 and customize hand and foot treatments and the complete steps of a professional hot stone manicure and pedicure, and explain to the client required modifications and procedures for effective home maintenance.
 - Perform advanced skin care treatments such as microdermabrasion and LED acne treatment.
 - Carry out procedures and precautions in the application, maintenance and removal of gel nails and tips.
 - Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history.
7. 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

III. TOPICS

1. Client Health and Consultations
2. Full Body Relaxation Massage
3. Hot Stone Relaxation Massage
4. Introduction to Aromatherapy
5. Salt Glow Body Exfoliation
6. Back Facials
7. Mud Wraps
8. Cellulite Treatments
9. Spot Treatments
10. Neck, Décolleté and Bust Treatments
11. Hot Stone Manicures
12. Hot Stone Pedicures
13. LED Acne Treatment
14. Microdermabrasion
15. Body Spray Tanning
16. Acrygel application
17. Home Care

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Linens. Sheets and Towels
Friction Gloves and Nail kits

EVALUATION PROCESS/GRADING SYSTEM:

Theory	30%
Practical	70%

Please Note:

In Order to Successfully Complete this Course: An 80% attendance is required in order to receive a passing grade.

Attendance: A penalty of 1% per day absent or for unwilling to participate will be deducted from your final grade.

Missed Tests: Any student who misses the theory or practical tests will receive a zero.

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

Grade	Definition	Grade Point Equivalent
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.

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 in D2L and on the portal form part of this course outline.

