

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ONTARIO**



**COURSE OUTLINE**

<b>COURSE TITLE:</b>	The Skin and Skincare Theory II		
<b>CODE NO. :</b>	EST 164	<b>SEMESTER:</b>	2
<b>PROGRAM:</b>	Esthetician Diploma Program		
<b>AUTHOR:</b>	Silvana Bassanello		
<b>Date:</b>	Jan. 2014	<b>PREVIOUS OUTLINE DATED:</b>	Jan 2013
<b>APPROVED:</b>	"Angelique Lemay"		Dec/13
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	<b>DEAN</b>		<b>DATE</b>
<b>TOTAL CREDITS:</b>	4		
<b>PREREQUISITE(S):</b>	EST 141, EST 142		
<b>HOURS/WEEK:</b>	4		

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**I. COURSE DESCRIPTION:**

This course is designed to provide students with more in depth knowledge of skin conditions relating to acne, and aging skin. Emphasis is placed on advanced skin treatment concepts for aging, acneic and sensitive skin conditions, and the theory of electrotherapy and galvanic treatments with advanced skin care procedures. A study of new treatment concepts including chemical exfoliations, microdermabrasion, and hot stone therapy. A study of muscles of the face, neck and the decolette.

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

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

1. Analyze the benefits and contraindications associated with electrotherapy equipment including the Lucas spray, brushing machine, vacuum and spray unit, high frequency and galvanic treatments such as iontophoresis and desincrustation. As well as with advanced equipment such as microdermabrasion.

Potential Elements of the Performance:

- Identify skin types, their characteristics, treatment concepts and contraindications to treatment
- Identify skin conditions, their characteristics, treatment concepts and contraindications to treatments
- Determine modifications based on health history and client needs
- Recognize treatable skin conditions
- Demonstrate the safe and appropriate use of electrotherapy equipment for particular skin types and conditions
- Demonstrate proper sanitation, disinfection and sterilization methods for all equipment
- Determine maintenance requirements for equipment in compliance with health and safety requirements
- Maintain and store all instruments, materials, and supplies according to manufacturer's guidelines and as required by Algoma Public Health

2. Discuss advanced ingredient technology in the formulation of skin care products and with Alphahydroxy Acid exfoliation treatments

Potential Elements of the Performance:

- Apply knowledge of the structure and composition of the skin
- Differentiate between a chemical exfoliation treatment and a chemical peel
- Discuss benefits and contraindications of Alphahydroxy Acid exfoliation treatments
- Discuss the benefits and uses of serum
- Knowledge of advanced delivery systems
- Differentiate between natural ingredients and biotechnological ingredients
- Determine contraindications and necessary modifications to treatments related to product ingredients and client history.

3. Analyze the anatomy of an advanced skin care treatment procedure.  
Potential Elements of the Performance:
  - Differentiate between a mini facial and an advanced facial treatment
  - Complete a health history, skin analysis and facial record to elicit appropriate information in order to customize a skin treatment and to recommend a homecare regime based on those records and client needs.
  - Identify skin types and skin conditions, their characteristics, treatment concepts and contraindications to treatment
  - Apply proper set up procedures for workstations, clients, and electrotherapy equipment and maintain a safe and tidy workstation throughout the skin treatment
  - Knowledge of safe and effective extraction techniques using gloves, gauze and astringent for disinfection as well as the safe disposal of all materials
  - Analyze benefits and contraindications to facial equipment
  - Name and describe classic massage movements
  - Assess the impact of general health, age, gender, nutrition and diet, stress and extrinsic factors on the skin which determines an appropriate skin care treatment.
  
4. Analyze treatment concepts for aging, acneic and sensitive skin conditions.  
Potential Elements of the Performance:
  - Apply knowledge of the structure and composition of the skin
  - Knowledge of advanced ingredient technology with the use of serums and other NatureMed products and make any modifications to treatments related to product ingredients based on health history
  - Knowledge of NatureMed Skincare product line and advanced mask procedures and explain the benefits and effects of ingredients and products
  - Promote the features and benefits of esthetic products and services to assist clients in determining an appropriate skin treatment based on their lifestyle and personal preferences and needs
  - Identify intrinsic and extrinsic factors contribute to aging, acneic and sensitive skin conditions and use this information to educate clients about an appropriate homecare regime based on client needs
  - Identify contraindications to treatments and modify treatments to suit client needs and health history
  - Identify electrotherapy procedures such as galvanic treatments, microdermabrasion, LED skin treatments and Kinelift, which will benefit these conditions
  - Demonstrate appropriate sanitation and disinfection procedures as outlined by Algoma Public Health
  - Store all supplies, equipment and materials appropriately as outlined by Algoma Public Health.
  - Knowledge of safe and proper extraction procedures utilizing proper supplies such as gloves, gauze and astringent to disinfect the areas as well as safe disposal of all supplies.

5. Analyze an advanced facial treatment for men.  
Potential Elements of the Performance:
  - Complete a health history, skin analysis and facial record and determine skin treatment procedure based on health history and client needs.
  - Identify characteristics, treatment concepts and contraindications with men's skin
  - Identify elements of successfully and professionally dealing with a male client
  - Analyze benefits of electrotherapy procedures when providing an advanced skin care treatment for men
  - Knowledge of NatureMed Skincare product line and recommend any modifications to treatment related to product ingredients
  - Analyze a facial massage procedure for men
  - Wear gloves and apply knowledge of safe and proper extraction procedures
  - Recommend an appropriate homecare regime based on client needs and needs of the skin.
  
6. Analyze the benefits and contraindications to Galvanic Treatments.  
Potential Elements of the Performance:
  - Differentiate between direct and alternating currents
  - Identify the equipment and products used during a Galvanic treatment.
  - Identify skin types and conditions which benefit from Galvanic treatments.
  - Differentiate between galvanic iontophoresis and desincrustation procedures.
  
7. Analyze the benefits and contraindications to Hi Frequency treatments.  
Potential Elements of the Performance:
  - Identify skin types and conditions suitable for hi frequency treatments
  - Identify the equipment and supplies required for a hi frequency treatment
  - Discuss alternating current and it's effects on the skin.
  
8. Demonstrate the professional image and conduct necessary for success in the field of esthetics.  
Potential Elements of the Performance:
  - Adhere to the Code of Ethics of the Esthetic industry
  - Punctual and regular attendance
  - Comply with Policies and Procedures regarding physical appearance and dress code
  - Adhere to policies outlined in the Student Code of Conduct
  - Demonstrate accountability for your own academic and professional growth
  - Demonstrate effective interpersonal, verbal and non verbal communication skills with faculty, peers and clients

**III. TOPICS:**

1. Aging Skin, and Treatment Concepts
2. Acne and Treatment Concepts
3. Sensitive Skin and Treatment Concepts
4. Electrotherapy: Hi Frequency and Galvanic Treatments
5. The Male Client
6. Advanced Ingredient Technology
7. The Facial Massage
8. Hot Stone Facial Massage and Equipment
9. Microdermabrasion Procedure and Equipment
11. Alphahydroxy Acid Exfoliation Treatments

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

Same as Semester One

**V. EVALUATION PROCESS/GRADING SYSTEM:**

Tests – 75%

Research Assignment – 25%

Please note: 1% per class missed will be deducted from final grade. Credit hours for community involvement events may not be credited for Skincare Theory II.

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:**

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.