



## COURSE OUTLINE: EST210 - ADV SPA BODY THERAPY

Prepared: Roya Ghassemkani

Approved: Karen Hudson - Dean

<b>Course Code: Title</b>	EST210: ADVANCED SPA TECHNIQUES BODY THERAPIES
<b>Program Number: Name</b>	2017: ESTHETICIAN
<b>Department:</b>	ESTHETICIAN
<b>Academic Year:</b>	2025-2026
<b>Course Description:</b>	This comprehensive course integrates the knowledge and skills acquired in Semesters I and II. Students will be guided through professional client consultations and needs analysis, leading to the delivery of a complete spa experience. This includes non-therapeutic relaxation body massage, hot stone massage, cupping massage, and a variety of body treatments. Additionally, students will be introduced to advanced services such as nail enhancements, spray tanning, and LED acne treatment.
<b>Total Credits:</b>	7
<b>Hours/Week:</b>	7
<b>Total Hours:</b>	98
<b>Prerequisites:</b>	EST113, EST114, EST145, EST163, EST164, EST200
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>2017 - ESTHETICIAN</b>
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 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).
	VLO 2 Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.
	VLO 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.
	VLO 6 Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.
	VLO 8 Develop customer service strategies that meet and adapt to individual needs and expectations in accordance with professional standards and ethics.
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.



**Course Evaluation:**

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Other Course Evaluation & Assessment Requirements:**

An 80% Attendance is required in order to successfully complete this course.

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs.	1.1 Conduct a professional client consultation and analyze client needs. 1.2 Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history. 1.3 Prepare a treatment bed and a workstation for a variety of body treatments and demonstrate draping procedures. 1.4 Perform a variety of body care treatments such as non-therapeutic relaxation massage, hot stone massage, hot stone manicure and pedicure, cupping massage, body polish and exfoliation, body wraps, cellulite and neck and décolleté treatment, back facial and spray tanning describe the effects and benefits of each treatment. 1.5 Describe different types of hydro therapies that can be used in specialized spas. 1.6 Incorporate basic aromatherapy into relaxation massage and various body treatments. 1.7 Introduction to LED acne treatment. 1.8 Introduction to advanced nail enhancements.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.	2.1 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. 2.2 Use machines and electrical equipment safely and appropriately while conducting professional body care treatments. 2.3 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. 2.4 Maintain and store all instruments, materials, and supplies according to manufacturer guidelines and as required by local public health units.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.	3.1 Apply knowledge of the structure and composition of the skin, identifying skin types, skin disorders, and related conditions. 3.2 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. 3.3 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.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
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.	4.1 Use safe cleaning and either disinfection or sterilization methods during treatments, in accordance with national, provincial, and municipal regulations, and manufacturer's guidelines. 4.2 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. 4.3 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. 4.4 Seek out information and follow guidelines pertaining to occupational health and safety legislation, regulations, established policies and procedures, and relevant municipal by laws. 4.5 Handle hazardous materials and dispose of waste and equipment in compliance with current legislation, municipal by laws, regulations, standards, and established policies and procedures.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.	5.1 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. 5.2 Identify the properties, classifications, effects, and contraindications of a variety of ingredients found in esthetic products. 5.3 Consult with and recommend to clients essential home maintenance products in order to maintain the health of the skin. 5.4 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. 5.5 Explain a home maintenance schedule and demonstrate to the client the correct usage of various skin care products. 5.6 Explain to the client the benefits and effects of ingredients used in body and skin care.
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
6. Establish and maintain professional relationships in adherence to standards and ethics associated with the	6.1 Adhere to professional expectations for dress, hygiene, and grooming (Esthetician Diploma Program Policies and Procedures). 6.2 Adhere to the Code of Ethics associated with the Esthetic

	profession.	Industry. 6.3 Comply with the Student Code of Conduct regarding behaviour. 6.4 Comply with the terms of the Confidentiality Agreement. 6.5 Demonstrate punctual and regular attendance . 6.6 Demonstrate accountability for your academic and professional growth. 6.7 Employ effective interpersonal, verbal, and non-verbal communication skills in dealing with clients, peers, supervisors and professors. 6.8 Conduct a professional client consultation and needs analysis and elicit appropriate information in order to recommend a range of customized esthetic services. 6.9 Comply with and promote municipal, provincial, and federal regulations related to Esthetician licensing, insurance, registration, and certification, where appropriate.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	Introduction to nail enhancements.	7.1 Perform and complete the proper procedures for acrylic application. 7.2 Advanced foot care, including a pedicure using an electric foot file.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Body treatment services checklist	25%
Body treatment theory test	15%
Full body relaxation massage exam	35%
Massage theory test	15%
Practical body massage evaluation	10%

**Date:**

June 17, 2025

**Addendum:**

Please refer to the course outline addendum on the Learning Management System for further information.

