



**I. COURSE DESCRIPTION:** This course will provide a comprehensive understanding of the anatomical structure and composition of the skin. Emphasis will be on analyzing the skin (as well as ethnic and men's skin) to determine skin types, and common skin conditions as well as internal and external factors which affect the skin. Precautions and contraindications to skin treatments will be discussed. Students will develop client consultation skills and will learn how to analyze information on a health history screen. Instruction on ingredient technology will also be stressed. Focus will be on benefits and contraindications to ingredients relevant to specific skin types and conditions and product formulations.

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

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

1. Analyze the anatomical structure and composition of the skin.  
Potential Elements of the Performance:
  - Discuss the five basic functions of the skin
  - Analyze the components and functions of the subcutaneous layer
  - Analyze the components and functions of the dermal layer
  - Analyze the components and functions of the epidermal layer
  - Analyze internal and external factors which affect the overall health of the skin
  
2. Analyze the five skin types and common skin conditions.  
Potential Elements of the Performance:
  - Identify specific characteristics of each skin type.
  - Identify needs and treatment concepts of each skin type and common skin conditions.
  - Apply knowledge of the structure and composition of the skin in determining skin type and common skin conditions.
  - Assess the impact of general health, gender, age, nutrition and diet, stress and external environmental factors on the skin and determine appropriate skin care treatments.
  - Apply knowledge of body systems, such as circulatory and immune systems, and apply their basic functions to the provision of esthetic services, taking into account contra indications, cautions and appropriate modifications.

- Analyze the characteristics and treatment concepts of ethnic skin
  - Analyze the characteristics and treatment concepts of men's skin.
  - Identify contra indications and modifications to treatments and specialized esthetic equipment related to common skin conditions
  - Explain a home maintenance schedule specific to skin types and demonstrate to clients the correct usage of various skin care products.
3. Analyze ingredient technology and the relevance to product formulations in general and specific to the products in the NatureMed Professional product line.
- Potential Elements of the Performance:
- Explain the importance of cosmetic labeling and ingredient safety and the laws governing cosmetic manufacturing established by the F.D.A.
  - Differentiate between performance and functional ingredients.
  - Discuss key classifications of ingredients used in product formulations, their uses and benefits for the product and in maintaining healthy skin.
  - Integrate a basic understanding of the p.H. scale.
  - Integrate NatureMed product knowledge in order to recommend products which meet individual needs and expectations.
  - Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.
  - Take into account the skin types and conditions to recommend 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 the NatureMed skin care line.
  - Promote the products used by the Program.
4. Conduct a client health history consultation and skin analysis.

Potential Elements of the Performance:

- Analyze skin by conducting a first impression analysis, a thorough skin analysis during treatment, and a post service analysis.
  - Identify both a consultation and skin analysis form and understand the criteria for an effective consultation and skin analysis.
  - Identify common tools/resources used to analyze skin – magnifying lamp, Fitzpatrick Scale.
  - Thorough knowledge of the anatomical composition of the skin and internal and external factors which affect the skin.
  - Identify specific characteristics of each skin type and various skin conditions.
  - Record information on a skin analysis and health history chart accurately and effectively.
  - Discuss the importance of information elicited on a client health history screen.
  - Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.
  - Promote the features and benefits of esthetic services and products related to information on client health history.
  - Consult with and recommend to clients essential home maintenance products and schedules in order to maintain the health of the skin.
5. Discuss the theory of massage and locate the muscles of the face, neck and décolleté for an effective massage treatment.

Potential Elements of the Performance:

- Describe the five classic massage movements and how they affect the skin.
- Locate and describe the importance of muscles of the face, neck and décolleté.
- Differentiate between sensory and motor nerves
- Locate vital pressure points
- Discuss the benefits of massage
- Discuss contraindications of massage.

**III. TOPICS:**

1. Physiology and Histology of the Skin
2. The Functions of the Skin
3. Skin Types, Ethnic Skin, Men's Skin Health
4. Skin Conditions
5. Skin Analysis
6. Client Consultation
7. The Fitzpatrick Scale
8. Ingredient Technology/ Product Formulations
9. The p.H. Scale
10. Muscles, Nerves of the Face, Neck and Decolette
11. The Facial Massage Technique

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

Study Guide: Salon Fundamentals Esthetics, 2<sup>nd</sup> edition, by St. Germain, Clif, Fisher, Janet (2004) Pivot Point Inc.

Text Book: Salon Fundamentals Esthetics, 2<sup>nd</sup> edition. Pivot Point Inc.

Binder, paper, pens, pencils

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

##### Theory Evaluations

**Histology/Physiology**

**20 marks**

**Skin Types**

**20 marks**

**Ethnic Skin/Men's Skin**

**10 marks**

**Skin Conditions**

**20 marks**

**Massage/Muscles Theory Test**

**10 marks**

**Research Assignment (Ingredients)**

**20 marks**

The following semester grades will be assigned to students:

<b>Grade</b>	<b><u>Definition</u></b>	<i>Grade Point Equivalent</i>
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.	

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

## 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.

**Program Policy for Attendance: Please note that EST 141 and EST 142 are closely related courses. Attendance is vital for success in both courses. For Semester II, you must have achieved full credits in both of the noted courses in order to continue with all core subjects. Failing either EST 141 or EST 142 will affect your eligibility for courses next semester and ultimately your success in the Program.**

**A deduction of 1% per class missed will be deducted from final grade.**

**VII. COURSE OUTLINE ADDENDUM:**

The provisions contained in the addendum located in LMS and on the portal form part of this course outline. Students are expected to adhere to these expectations; therefore they must review the addendum and be familiar with these expectations