

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Skin Care Practical Lab I
CODE NO. : EST 141 **SEMESTER:** 1
PROGRAM: Esthetician's Diploma Program
AUTHOR: Silvana Bassanello
DATE: Sept 2007 **PREVIOUS OUTLINE DATED:** Sept 2006
APPROVED:

DEAN

DATE

TOTAL CREDITS: 5

PREREQUISITE(S): None

HOURS/WEEK: 5

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For additional information, please contact the Dean,
School of Health and Human Services
(705) 759-2554, Ext. 2603

I. COURSE DESCRIPTION:

This course will provide students with the opportunity to apply the techniques of skin care in a practical laboratory setting. Students will acquire skills in client consultation, record keeping, skin analysis and mask procedures. Emphasis will be placed on NatureMed product knowledge, skin analysis and the mini facial procedure.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Demonstrate the professional image and conduct necessary for success in the esthetic industry.

Potential Elements of the Performance:

- demonstrate punctual and regular attendance
- comply with the Policies and Procedure developed by the Esthetician's Diploma Program regarding physical appearance and dress code
- adhere to the policies outlined in the Student Code of Conduct regarding behaviour and conduct
- demonstrate accountability for your own academic and professional growth
- demonstrate effective communication skills
- demonstrate the proper procedures with sanitation, disinfection, and sterilization of supplies and equipment to ensure the health and safety of ourselves and others

2. Prepare a treatment room for a professional esthetic service.

Potential Elements of the Performance:

- demonstrate the appropriate use and set up of esthetic equipment – especially the facial bed, esthetician's stool, magnifying lamp, utility cart, steamer, Lucas Spray, wood's lamp, towel warming cabinet, NatureMed skin care products, disposable supplies, and skin analysis and consultation records
- ensure all linens are washed after each use and ready for use for all Practical Lab I classes
- prepare appropriate skin care products for facial treatment as determined by client consultation and skin analysis
- demonstrate initiative when preparing work stations and with end of the day clean up routines

3. Conduct a client consultation.
Potential Elements of the Performance:
 - identify the five skin types, their characteristics, and aims for treatment
 - recognize and demonstrate knowledge of skin conditions, treatment concepts and contraindications
 - NatureMed product knowledge
 - recognize characteristics, and treatment concepts of ethnic skin
 - knowledge of the Fitzpatrick Scale
 - analyze internal and external factors which affect the skin
 - record information on charts noting the skin analysis, type of treatment, client consultation, NatureMed skin care products, and esthetic equipment
 - conduct a skin analysis and tests which measure the skin's elasticity, tone, texture and circulation
 - maintain a tidy work station
 - employ the safe and appropriate use of all esthetic equipment and supplies including the magnifying lamp and wood's lamp

4. Demonstrate a thorough knowledge and understanding of NatureMed skin care products.
Potential Elements of the Performance:
 - use the appropriate products for each facial treatment as determined by the skin analysis and client consultation
 - knowledge of the five classifications of skin care products
 - name and discuss the benefits of all NatureMed products
 - demonstrate an understanding of ingredient technology
 - knowledge of important elements to consider when choosing a professional skincare line

5. Perform a mini facial treatment in 30 minutes.
Potential Elements of the Performance:
 - knowledge of the mini facial procedure
 - identify the 5 classifications of skin care products, their variations, and benefits for each skin type
 - demonstrate, with proficiency, makeup removal on the eyes and lips
 - demonstrate, with proficiency, the facial cleansing technique
 - demonstrate the appropriate use of toners, various exfoliating techniques, appropriate use of hot towel, proper mask application and removal, and the proper application of treatment creams and moisturizers
 - demonstrate proper set up procedures and maintain a tidy work station
 - employ the aseptic procedure when using products
 - practice proper clean up, sanitation, disinfection and sterilization procedures following a treatment

6. Perform an eyelash and eyebrow tinting service.
Potential Elements of the Performance:
 - prepare client and workstation for a tinting procedure
 - prepare tinting solution
 - apply tint to eyelashes and eyebrows in a safe and effective manner
 - remove tint from eyelashes and eyebrows in a safe and effective manner
 - knowledge of benefits and contraindications for a tinting procedure

7. Perform a variety of massage movements including effleurage, tapotement, friction, vibration and petrissage.
Potential Elements of the Performance:
 - discuss and demonstrate the massage movements and their benefits for specific skin types
 - demonstrate, with proficiency, fluidity, appropriate speed, pressure and technique while performing a facial massage
 - locate muscles and nerves of the face and neck
 - locate pressure points which induce relaxation when manipulated

III. TOPICS:

1. Skin Analysis and Client Consultation
 2. Classifications of Skin Types
 3. Skin Conditions
 4. Preparing A Treatment Room and Draping The Client
 5. The Mini Facial
 6. The Cleansing Technique
- Specialized Mask Applications and Removal
The Steamer
The Lucas Spray
The Woods Lamp
Esthetic Equipment
Eyelash and Eyebrow Tinting
NatureMed Skincare Products
Sanitation, Disinfection and Sterilization of Equipment and Supplies
The Facial Massage

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Standard Comprehensive Training For Estheticians by J. D'Angelo, P. Dean, S. Dietz, C. Hinds, M. Lees, E. Miller, A. Zani (2003) Milady

Linens

Towels

Cotton Rounds

Mask Brushes

Headbands

V. EVALUATION PROCESS/GRADING SYSTEM:

Practical Test #1 10%
Workstation and Client Prep

Practical Test #2 10%
Makeup Removal

Practical Test #3 15%
Cleansing Technique

Practical Test #4 10%
Eyebrow and Eyelash Tinting

Theory Test 25%
Classifications of Skincare Products and NatureMed Product Knowledge

Final Practical Exam 30%
The Minifacial Procedure

Attendance: A penalty of 1% per day will be deducted from your final grade for any classes missed. In order to successfully complete this course the student must have completed a minimum of 72 hours of supervised instruction. Any student with less than 72 hours of instruction will receive an F grade regardless of test scores.

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:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.