



**I. COURSE DESCRIPTION:**

This course will introduce students to the mini and customized advanced facial procedures for both men and women. Students are introduced to the phases of a facial procedure and practical instruction will include: The Cleansing Technique, skin analysis and facial record, exfoliation techniques, extractions, facial, neck and decolette massage, masking procedures and the application of treatment creams. Practical instruction also includes the application of specialized esthetic equipment including the steamer, spray units, brushing machine and hot towels. Theoretical knowledge of the anatomy of the skin, skin types and skin conditions, as well as, classifications of skincare products are essential for client consultation, skin analysis, and product selection. Students are introduced to the NatureMed Professional product line, as well as, a wide variety of cleansers, tonic lotions, exfoliants, masks and treatment creams. Client consultation and record keeping is emphasized.

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

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

1. Perform, with proficiency, effective mini facial treatments and customized advanced facial treatments.

Potential Elements of the Performance:

- Prepare a treatment room and workstation for a facial treatment using aseptic procedures specifically with the preparation of the facial bed, esthetic equipment, hot towels, magnifying lamp, appropriate NatureMed skincare products, disposable supplies and client history and skin analysis forms.
- Prepare a client for a treatment and conduct an initial client consultation
- 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 to treatments and products
- Perform an effective cleansing technique.
- Perform an effective skin analysis and make the notations on a skin analysis chart.
- Determine and apply an effective exfoliation treatment based on the information gathered from a skin analysis
- Perform a safe and effective extractions treatment applying the necessary disinfection protocol.
- Perform a facial, neck and decollete massage. treatment
- Determine and apply an effective mask treatment

- Determine and apply the effective treatment creams to best treat the client skin care needs.
  - Determine contraindications and / or modifications to treatment based on information gathered from client consultation and skin analysis.
  - Implement ergonomically correct methods of providing esthetic services to ensure a healthy physical state.
  - Use machines and electrical equipment such as facial steamer, brushing machines, spray units safely and appropriately while providing skin care treatments and determine any maintenance requirements for equipment
  - Apply knowledge of the structure and composition of the skin, identifying skin types, skin conditions and disorders and related conditions
  - Apply knowledge of the body systems, such as immune and circulatory systems and apply their basic functions to the provision of skin care treatments, taking into account contraindications, cautions and appropriate modifications
  - Apply aseptic measures during treatments
  - Clean and either disinfect or sterilize tools, specialized equipment, and client draping materials after each use, keep workstations clean and safely dispose of non reusable items in accordance with Algoma Public Health regulations
  - Handle and dispose of disinfection chemicals safely by referring to M.S.D.S. data
2. Demonstrate a thorough knowledge and understanding of the products in the NatureMed Professional Skincare line.
- Potential Elements of the Performance:
- Identify the classifications of professional skin care products and effectively apply a variety of NatureMed products during a facial procedure.
  - Identify specific ingredients to determine any benefits / contraindications for the client.
  - Apply a wide variety of products available in order to gain a superior skill for product selection when providing effective modifications to treatments.
  - Identify skin types and skin conditions on a skin analysis form.
  - Consult with and recommend essential home maintenance products in order to maintain the health of 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.

- Determine a home maintenance schedule and demonstrate to the client the correct usage of various skin care products
- Select and recommend the use of esthetic products and product ingredients to the client taking into account health status and identified needs
- Demonstrate effective record keeping.

3. Conduct a client health history consultation and effectively record information on a skin analysis and facial record.

Potential Elements of the Performance:

- Conduct an initial first impression analysis, a thorough skin analysis during treatment and a post service analysis
- Employ the safe and appropriate use of skin analysis equipment such as the magnifying lamp and Wood's lamp
- Analyze information recorded on client health history form
- Determine contraindications and necessary modifications to treatments utilizing information related to product ingredients and client health history.
- Assess the impact of general health, age, gender, nutrition, stress and external environmental factors on the skin and determine an appropriate skin care treatment.
- Contribute to the maintenance of client documents and records by accurately recording information and filing confidential client information
- Elicit appropriate information in order to recommend a range of customized esthetic services.
- Effectively complete a facial record by noting all required and necessary information.

4. Effectively perform an advanced facial, neck and décolleté relaxation massage

Potential Elements of the Performance:

- Demonstrate with proficiency the 5 classic massage movements
- Demonstrate, with proficiency, fluidity, appropriate speed, pressure, and technique.
- Discuss the benefits of the 5 classic massage movements
- Locate specific muscles and nerves of the face, neck and

decolette.

- Locate pressure points which induce relaxation when manipulated

5. Adhere to the health, safety, sanitation and infection control guidelines according to industry standards in compliance with Algoma Public Health regulations.

Potential Elements of the Performance:

- Understand basic information about bacteria, viruses, blood borne pathogens and parasites
- Differentiate between critical, semi critical and non critical items
- Recognize when to refuse esthetic treatments due to health and safety concerns and when to refer to a physician.
- Identify various disinfectants and use safely and effectively based on M.S.D.S data
- Use safe and effective cleaning and either disinfection or sterilization methods during and after skin treatments for instruments, specialized equipment, client draping material, work surfaces and work stations as required by Algoma Public Health
- Maintain and store all instruments, materials and supplies according to manufacturer's guidelines and as required by Algoma Public Health.
- Dispose of all single use items as required by Algoma Public Health
- Use gloves, mask, eye protection and other suitable personal protective equipment appropriately during the treatment to ensure the health and safety of yourself and others.
- Handle hazardous material and dispose of all waste and chemical materials in compliance with manufacturer's guidelines specific to M.S.D.S. data.

6. Establish and maintain a professional image and conduct in adherence to the standards and ethics associated with the esthetic industry.

Potential Elements of the Performance:

- Comply with the Policies and Procedures developed by the Esthetician Diploma Program and adhere to the professional expectations for dress, hygiene and grooming.
- Adhere to Sault College policies outlined in the Student

Code of Conduct regarding behavior inside and outside of the classroom.

- Adhere to the code of ethics associated with the esthetic practice.
- Demonstrate accountability for your academic and professional growth by soliciting constructive feedback relating to one's own performance, strengths and limitations.
- Determine current trends and issues impacting the esthetic industry.
- Review the role of professional associations affiliated with the esthetic industry.
- Demonstrate positive and effective interpersonal, verbal, and non-verbal communication skills when dealing with peers, faculty and clients.
- Demonstrate punctual attendance to all classes and be prepared with all necessary materials for each class.
- Maintain an 80% attendance record throughout the semester.
- Clean and either disinfect or sterilize all instruments, client draping materials and makeup supplies after each use. Keep workstations neat and clean during and after each makeup application.

### **III. TOPICS:**

1. The Mini Facial Procedure
2. The Customized Advanced Facial Procedure
3. Client Consultation
4. Skin Analysis and Facial Records
5. Preparing a Treatment Room, Client Prep
6. Specialized Esthetic Equipment
7. NatureMed Product Knowledge / Classifications of Skincare Products
8. Sanitation, Disinfection, Sterilization / Infection Control
9. The Cleansing Technique
10. The Face, Neck and Decollete Relaxation 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.**

**Linens, Towels, Cotton Pads, Mask Brushes, Headband**

**Come prepared with all supplies and linens for each Lab class.**

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

<b>Cleansing Technique:</b>	<b>20 marks</b>
<b>Mini Facial:</b>	<b>15 marks</b>
<b>Customized Advanced Facial:</b>	<b>20 marks</b>
<b>Face, Neck, Decolette Massage Technique:</b>	<b>25 marks</b>

**Theory Evaluation**

<b>NatureMed Product Knowledge:</b>	<b>20 marks</b>
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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.

### Attendance Policy for Practical Courses:

1. **In order to successfully complete EST 141, a student must maintain an 80% attendance record throughout the semester.** Anything less than an 80% attendance record will result in an F grade regardless of marks achieved through tests and assignments as the student has not met the Professional Image standards defined in the course outline.
2. Poor attendance also dismisses any student from the privilege of rotations in the Spa at Sault College as this presents a health and safety risk to other classmates as well as clients of the Spa.

## VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.

