

COURSE DESCRIPTION:

This comprehensive course brings together all of the knowledge and skills acquired to this point in the program by students. The course will take students through professional client consultation and needs analysis to the provision of a total spa experience and a variety of body treatments. Students will learn about the history of spas and learn about hydrotherapy equipment and spa products.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Conduct a client consultation

Potential Elements of the Performance:

- a) Demonstrate effective communication skills in a professional and confidential manner
- b) Demonstrate knowledge of client modesty
- c) List and identify contraindications to various body treatments
- d) Determine the nature and extent of clients needs
- e) Explain any possible side effects to the treatment
- f) Maintain client records

2. Prepare a treatment room for various body treatments

Potential Elements of the Performance:

- a) Identify and prepare the materials and supplies needed
- b) Follow proper set up procedures
- c) Maintain a clean and organized work area
- d) Practice proper clean up, sanitation and sterilization procedures following a treatment

3. Perform a full body Swedish Massage

Potential Elements of the Performance:

- a) Describe the benefits of massage
- b) List and identify the contraindications of massage
- c) Describe and perform massage movements
- d) Practice hand flexibility exercises
- e) Demonstrate working posture
- f) Create a relaxing atmosphere
- g) Demonstrate proper procedures for draping clients
- h) Work at establishing a routine and rhythm with massage movements
- i) Maintain order of massage
- j) Perform clean up, sanitation and sterilization procedures

4. Perform a full body Aromatherapy Massage

Potential Elements of the Performance:

- a) Describe what essential oils are
- b) List various essential oils and describe the benefits and contraindications of each
- c) Prepare various essential oil blends for: Relaxation
Cellulite
PMS
Muscle Pain
- d) Create a relaxing atmosphere
- e) Demonstrate proper procedures for draping clients
- f) Demonstrate working posture
- g) Perform Swedish massage with essential oils
- h) Work at establishing a routine and rhythm with movements
- i) Maintain order of massage
- j) Perform clean up, sanitation and sterilization procedures following the treatment

5. Perform a Salt Glow Body Exfoliation

Potential Elements of the Performance:

- a) Describe the benefits of a Salt Glow
- b) Describe the contra-indications of a salt glow
- c) Prepare treatment area
- d) Create a relaxing atmosphere
- e) Prepare salt glow mixture
- f) Demonstrate proper procedures for draping clients
- g) Perform salt glow exfoliation and maintain order of massage
- h) Perform clean up, sanitation and sterilization procedures following the treatment

6. Perform a Back Facial Treatment with a Back Massage

Potential Elements of the Performance:

- a) Prepare treatment area
- b) Create a relaxing atmosphere
- c) Perform Cleansing and exfoliation using the brushing machine and steamer
- d) Perform extractions in a safe and sanitary manner
- e) Perform high frequency
- f) Apply appropriate mask suitable for skin type
- g) Apply appropriate toner and massage cream suitable for skin type
- h) Perform back massage and maintain order of back massage
- i) Perform clean up, sanitation and sterilization procedures following the treatment

7. Perform a Fango Mud Wrap Body Treatment

Potential Elements of the Performance:

- a) Describe the benefits of Fango mud
- b) Describe the contraindications to mud treatments
- c) Prepare treatment area
- d) Create a relaxing atmosphere
- e) Prepare the Fango mud mixture
- f) Demonstrate proper procedures for draping clients
- g) Perform exfoliation with dry body brushing
- h) Apply Fango mud with brush and follow outlined procedure
- i) Perform Swedish massage
- j) Perform clean up, sanitation and sterilization procedures following the treatment

8. Perform a Parafango Body Treatment

Potential Elements of the Performance:

- a) Describe the benefits of a Parafango treatment
- b) Describe how a Parafango treatment works
- c) Prepare treatment area
- d) Create a relaxing atmosphere
- e) Prepare the Parafango
- f) Demonstrate proper procedures for draping clients
- g) Perform exfoliation with dry body brushing
- h) Apply Parafango with a brush and follow outlined procedure
- i) Perform Swedish massage
- j) Perform clean up, sanitation and sterilization procedures following the treatment

9. Perform a Seaweed-Algae Body Treatment

Potential Elements of the Performance:

- a) Describe the benefits of Seaweed-Algae treatments
- b) Describe the two different groups and their benefits
- c) Describe the contraindications to Seaweed-Algae treatments
- d) Prepare treatment area
- e) Create a relaxing atmosphere
- f) Prepare the Seaweed-Algae mixture
- g) Demonstrate proper procedures for draping clients
- h) Exfoliation with dry body brushing
- i) Apply the Seaweed-Algae mixture with brush and follow outlined procedure
- j) Perform Swedish massage
- k) Perform clean up, sanitation and sterilization procedures following the treatment

10. Perform a Spa Manicure

Potential Elements of the Performance:

- a) Perform basic manicure procedure
- b) Exfoliate hands with a salt mixture or body polish
- c) Apply a mask of choice on hands

11. Perform a Spa Pedicure

Potential Elements of the Performance:

- a) Perform basic pedicure procedure
- b) Exfoliate feet with a salt mixture or body polish
- c) Apply a mask of choice on feet

12. Describe the different types of water therapies that can be used in a specialized salon

Potential Elements of the Performance:

- a) Knowledge of sanitation and hygiene in wet rooms
- b) Knowledge of Hydrotherapy Equipment and its benefits

III. TOPICS:

1. Value of Body Services

2. Body Treatments

- Swedish Massage
- Aromatherapy Massage
- Salt Glow Body Exfoliation
- Back Facial Treatment with a Back Massage
- Fango Mud Wrap Body Treatment
- Parafango Body Treatment
- Seaweed-Algae Body Treatment

3. Spa Manicure and Pedicure

4. Water Therapies

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Comprehensive Training For Estheticians

V. EVALUATION PROCESS/GRADING SYSTEM:

Professional Image Attendance Participation	10%
Theory Test June 6/06	20%
Swedish Aromatherapy Massage Testing July 18/06 Group A July 25/06 Group B	40%
Body Wrap Testing August 15/06 Group A August 22/06 Group B	30%

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%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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.

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.