

I. 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 and analyze client needs

Potential Elements of the Performance:

- Demonstrate effective communication skills in a professional and confidential manner
- Demonstrate knowledge of client modesty
- Identify contraindications to various body treatments
- Explain any possible side effects to the treatment
- Recommend home care

2. Prepare a treatment area for various body treatments

Potential Elements of the Performance:

- Set up treatment bed according to body treatment being performed
- Follow step by step procedure
- Prepare the materials and supplies needed
- Maintain a clean and organized work area
- Practice sanitation and sterilization procedures

3. Perform a full body Swedish Massage

Potential Elements of the Performance:

- Describe the benefits of massage
- List and identify the contraindications of massage
- Describe and demonstrate massage movements
- Practice hand flexibility exercises
- Describe how to create a relaxing atmosphere
- Demonstrate working posture
- Demonstrate knowledge of client modesty
- Demonstrate draping procedures
- Follow step by step procedures
- Maintain order of massage
- Establish a routine and rhythm with massage movements
- Follow sanitation and sterilization procedures

4. Perform a Swedish Body Massage using Aromatherapy

Potential Elements of the Performance:

- Describe what essential oils are
- List various essential oils and describe the benefits and contraindications of each
- Prepare various essential oil blends
- Demonstrate draping procedures
- Perform a Swedish massage with essential oils
- Follow sanitation and sterilization procedures

5. Perform a Salt Glow Body Exfoliation

Potential Elements of the Performance:

- Describe the benefits of a Salt Glow
- Describe the contra-indications of a salt glow
- Prepare treatment area
- Prepare salt glow mixture
- Demonstrate draping procedures
- Perform salt glow exfoliation and maintain order of massage
- Follow sanitation and sterilization procedures

6. Perform a Back Facial Treatment with a Back Massage

Potential Elements of the Performance:

- Prepare treatment area
- Follow step by step procedure
- Perform a back massage and maintain order
- Follow sanitation and sterilization procedures

7. Perform a Mud Body Wrap Treatment

Potential Elements of the Performance:

- Describe the benefits and contraindications to mud treatments
- Prepare treatment area
- Demonstrate draping procedures
- Follow step by step procedure
- Follow sanitation and sterilization procedures

8. Perform a Parafango Body Treatment

Potential Elements of the Performance:

- Describe the benefits and contraindications of a Parafango treatment
- Prepare treatment area
- Demonstrate draping procedures
- Follow step by step procedure
- Follow sanitation and sterilization procedures

9. Perform a Seaweed-Algae Body Treatment

Potential Elements of the Performance:

- Describe the benefits and contraindications of Seaweed-Algae treatments
- Prepare treatment area
- Demonstrate draping procedures
- Follow step by step procedure
- Follow sanitation and sterilization procedures

10. Perform a Spa Manicure and Pedicure

Potential Elements of the Performance:

- Perform basic manicure and pedicure procedures
- Follow step by step procedures for exfoliation and mask
- Follow sanitation and sterilization procedures

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

Potential Elements of the Performance:

- Describe different types of Hydrotherapy Equipment and their purposes
- Explain the importance of sanitation and hygiene in wet rooms

12. Perform Cellulite Treatments

Potential Elements of the Performance:

- Explain causes of cellulite and problem areas
- Perform cellulite spot treatments with special creams, aromatherapy, and masks
- Perform an Aromatherapy Massage using a cellulite blend of essential oils
- Follow sanitation and sterilization procedures

III. TOPICS:

1. The Value of Body Services

- Client Health
- Body Treatment Principles
- Hydrotherapy
- Techniques For Body Treatments
- Body Masks and Wraps
- Aromatherapy

2. Body Treatments
 - Client Charting and Consultation
 - Body Treatments
 - Spot Treatments
 - Paraffin
 - Combination Services, Packages, and Marketing
 - Body Massage
 - Shiatsu, Reflexology, and Similar Energy
 - Home Care
3. Swedish Massage
4. Aromatherapy
5. Spa Manicure and Pedicure
6. Salt Glow
7. Cellulite Treatments
8. Parafango
9. Back Facial
10. Mud Wraps
11. Seaweed Wraps

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Milady's Comprehensive Training For Estheticians, Text and Workbook
Procedure Handouts

V. EVALUATION PROCESS/GRADING SYSTEM:

Theory	50%
Presentation	10%
Swedish Massage	40%

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	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.