



# COURSE OUTLINE

## EST210

Prepared: Roya Ghassemkani Approved: Martha Irwin, Chair, Community Services and Interdisciplinary Studies

<b>Course Code: Title</b>	EST210: ADVANCED SPA TECHNIQUES BODY THERAPIES
<b>Program Number: Name</b>	2017: ESTHETICIAN
<b>Department:</b>	ESTHETICIAN
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	This comprehensive course brings together all of the knowledge and skills acquired from Semester I and II. This course will take students through professional client consultation and needs analysis to the provision of a total spa experience with non-therapeutic relaxation body massage, relaxation hot stone massage and a variety of body treatments and hydrotherapy equipment. Students will also be introduced to the application of acrylic gel, body spray tanning, LED advanced acne treatment and microdermabrasion.
<b>Total Credits:</b>	7
<b>Hours/Week:</b>	7
<b>Total Hours:</b>	105
<b>Prerequisites:</b>	EST113, EST114, EST163, EST164, EST200
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#1. Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs (including and not limited to facials, manicures, pedicures, hair removal, and make up applications).</p> <p>#2. Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.</p> <p>#3. Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.</p> <p>#4. Adhere to health, safety, sanitation, and infection and prevention control guidelines, according to current legislation and national, provincial, municipal, and industry standards and regulations.</p> <p>#5. Identify business skills and activities required for the successful establishment and operation of a small esthetic business in a salon or spa environment.</p> <p>#6. Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.</p> <p>#7. Establish and maintain professional relationships in adherence to standards and ethics associated with the profession.</p>
<b>Essential Employability</b>	#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that



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### Skills (EES):

- fulfills the purpose and meets the needs of the audience.
- #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- #4. Apply a systematic approach to solve problems.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #6. Locate, select, organize, and document information using appropriate technology and information systems.
- #7. Analyze, evaluate, and apply relevant information from a variety of sources.
- #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
- #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- #10. Manage the use of time and other resources to complete projects.
- #11. Take responsibility for ones own actions, decisions, and consequences.

### Course Evaluation:

Passing Grade: 50%, D

### Other Course Evaluation & Assessment Requirements:

Minimum 80% attendance requirement must be met in order to successfully complete this course.

### Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Final exam	40%
Practical class participation	30%
Theory tests	30%

### Course Outcomes and Learning Objectives:

#### Course Outcome 1.

Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs.

#### Learning Objectives 1.

- Conduct a professional client consultation and analyze client needs
- Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history
  - Prepare a treatment bed and a work station for a variety of body treatments and demonstrate draping procedures



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- Perform a variety of body care treatments such as non-therapeutic relaxation massage, relaxation hot stone massage, exfoliation, peeling, body wraps, cellulite spot treatments and bust and back treatments and describe the effects and benefits of each treatment
  - Describe different types of water therapies that can be used in specialized salons
  - Incorporate basic aromatherapy into non therapeutic relaxation massage and various body treatments

### Course Outcome 2.

Use a range of specialized equipment and products, in compliance with established national, provincial, industry, and other related standards, regulations, policies, and procedures.

### Learning Objectives 2.

- Use safe and effective cleaning and either disinfection or sterilization methods for instruments, specialized equipment, client draping materials, work surfaces, and work stations as required by local public health units
  - Use machines and electrical equipment safely and appropriately while conducting professional body care treatments
  - Correctly operate and determine maintenance requirements for equipment in compliance with occupational health and safety legislation, regulations, national and provincial infection prevention and control guidelines, policies, and procedures
  - Maintain and store all instruments, materials, and supplies according to manufacturer's guidelines and as required by local public health units

### Course Outcome 3.

Apply relevant knowledge of anatomy, physiology, and histology to the provision of specialized esthetic treatments and services.

### Learning Objectives 3.

- Apply knowledge of the structure and composition of the skin, identifying skin types, skin disorders, and related conditions
- Assess the impact of general health, age, gender, nutrition, and diet, stress, and external environmental factors on the skin and determine appropriate skin care treatments
- Apply knowledge of body systems, such as immune and circulatory systems, and apply



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their basic functions to the provision of esthetic services, taking into account contraindications, cautions, and appropriate modifications

### **Course Outcome 4.**

Adhere to health, safety, sanitation, and infection and prevention control guidelines, according to current legislation and national, provincial, municipal, and industry standards and regulations.

### **Learning Objectives 4.**

- Use safe cleaning and either disinfection or sterilization methods during treatments, in accordance with national, provincial, and municipal regulations, and manufacturer's guidelines
- Clean and either disinfect or sterilize tools after each use, keep work stations clean, and safely dispose of no -reusable items, in accordance with proper hygiene procedures as required by local public health units
- Use gloves, mask, eye protection, and other suitable personal protective equipment appropriately during the provision of treatments to ensure safety of the client and others
- Seek out information and follow guidelines pertaining to occupational health and safety legislation, regulations, established policies and procedures, and relevant municipal by laws
- Handle hazardous materials and dispose of waste and equipment in compliance with current legislation, municipal by laws, regulations, standards, and established policies and procedures

### **Course Outcome 5.**

Select and recommend the use of esthetic products and product ingredients to clients, taking into account health status and identified needs.

### **Learning Objectives 5.**

- Take into account skin types and conditions to recommend to clients 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 esthetic products
- Consult with and recommend to clients essential home maintenance products in order to maintain the health of the skin
- Promote the features and benefits of esthetic products and services to clients to assist them



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in determining a course of action matched to their needs, lifestyle, and personal preferences

- Explain a home maintenance schedule and demonstrate to the client the correct usage of various skin care products
- Explain to the client the benefits and effects of ingredients used in body and skin care

### **Course Outcome 6.**

Perform a variety of specialized body and skin care treatments following correct procedures and precautions and supporting client needs.

### **Learning Objectives 6.**

- 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
  - Perform and customize hand and foot treatments and the complete steps of a professional hot stone manicure and pedicure, and explain to the client required modifications and procedures for effective home maintenance.
  - Perform advanced skin care treatments such as microdermabrasion and LED acne treatment.
  - Carry out procedures and precautions in the application, maintenance and removal of gel nails and tips.
  - Determine contraindications and necessary modifications to treatments, utilizing information related to product ingredients and client health history.

### **Course Outcome 7.**

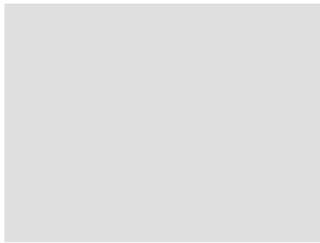
Establish and maintain professional relationships in adherence to standards and ethics associated with the profession.

### **Learning Objectives 7.**

- Adhere to professional expectations for dress, hygiene, and grooming (Esthetician Diploma Program Policies and Procedures)
- Adhere to the Code of Ethics associated with the Esthetic Industry
- Comply with the Student Code of Conduct regarding behavior



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- Comply with the terms of the Confidentiality Agreement
- Demonstrate punctual and regular attendance
- Demonstrate accountability for your academic and professional growth
- Employ effective interpersonal, verbal, and non-verbal communication skills in dealing with clients, peers, supervisors and professors
  - Conduct a professional client consultation and needs analysis and elicit appropriate information in order to recommend a range of customized esthetic services
  - Comply with and promote municipal, provincial, and federal regulations related to Esthetician licensing, insurance, registration, and certification, where appropriate

**Date:**

Wednesday, August 30, 2017



Please refer to the course outline addendum on the Learning Management System for further information.